

Historic BPN Review

Do you have a good experience of learning with others (e.g., school festivals, club activities, class projects)? What made the experience special? What boosted your motivation?

Next, think about a bad experience of learning with others. What made it less enjoyable? What was your motivation for the learning experience?



Think about the two experiences that you described on the previous page. How did these two experiences make you feel toward autonomy, relatedness, and competence? How was your inner motivation toward the goal? Please rate these experiences on a scale from 1 (I did not feel it at all) to 5 (I felt it very much).

	Good experience	Bad experience
Your feelings toward autonomy	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5
Your feelings toward relatedness	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5
Your feelings toward competence	1 - 2 - 3 - 4 - 5	1 - 2 - 3 - 4 - 5