

# Self-regulation of the motivation to learn

Citation for published version (APA):

Ilishkina , D. I. (2023). *Self-regulation of the motivation to learn*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20231219ii>

## Document status and date:

Published: 01/01/2023

## DOI:

[10.26481/dis.20231219ii](https://doi.org/10.26481/dis.20231219ii)

## Document Version:

Publisher's PDF, also known as Version of record

## Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

## General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

[www.umlib.nl/taverne-license](http://www.umlib.nl/taverne-license)

## Take down policy

If you believe that this document breaches copyright please contact us at:

[repository@maastrichtuniversity.nl](mailto:repository@maastrichtuniversity.nl)

providing details and we will investigate your claim.

## Propositions

### Self-Regulation of the Motivation to Learn

Daria Ilishkina

1. Motivation to learn is more than just a desire; it is a complex, dynamic, and multilevel system of motivational elements like a matryoshka doll (this thesis).
2. New motivational regulation strategies are needed because current strategies do not fully cover the known motivational elements (this thesis).
3. Few strategies relate to positive *changes* in motivation, most others only help to *remain* at the same level of motivation (this thesis).
4. Students think about the motivational problems they encounter but they do not consider ways to solve them (this thesis).
5. Self-regulation of the motivation to learn is a complex skill that requires program design based on models of complex learning.
6. Nurturing students' motivation requires dynamic teamwork of students, teachers, researchers, educational designers, and policy-makers.
7. To develop useful educational theory, academic researchers must provide theoretical insights to field researchers while field researchers highlight theoretical gaps related to their specific context..
8. It is important to consider not only students' motivation to learn for a particular course but also their motivation towards learning in university in general.
9. Students may not like learning as expected from them by society, instead they can choose other ways of enriching their own experience.
10. Good research is grounded in theory and support from supervisors, family, and friends.
11. This is the way.