Supportive vs. Thwarting Teaching Practices

Autonomy-Support	Competence-Support	Relatedness-Support
• Provide explanatory rationales • Acknowledge perspectives • Use invitational language • Using democratic approaches for managing conflict • Seek student input • Make content relevant • Display patience	• Provide clear goals, rules, and expectations • Offer positive and constructive feedback and feedforward • Use scaffolding and faded guidance	• Show care and interest to all students • Dedicate time and resources to all students • Be dependable • Provide task support • Communicate with warmth
Autonomy-Thwarting	**Competence-Thwarting**	**Relatedness-Thwarting**
• Activate anxiety, guilt, or shame in students • Yell and demand • Be inflexible • Use controlling language	• Laissez-faire approach • Provide no guidelines • Provide no feedback	• Be unkind and uncaring to students • Not responding to or providing for students' needs

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