

# The Ups and Downs of Motivation Pandemic Style

Tuesday June 1<sup>st</sup> 2021 7-8:30pm via Zoom  
To register:

[https://us02web.zoom.us/meeting/register/tZEKceqgpzgvH9DuTqJ1v\\_gMjuH8Pkv6Zu3Y](https://us02web.zoom.us/meeting/register/tZEKceqgpzgvH9DuTqJ1v_gMjuH8Pkv6Zu3Y)



Lia Daniels is a Professor in the Faculty of Education at the University of Alberta and Director of the Alberta Consortium for Motivation and Emotion. She has been conducting research on motivation and emotions for more than 15 years. Most of her research focuses on classroom contexts with the overarching aim of creating learning environments that sustain students' love of learning and curiosity.

In this presentation, Dr Lia Daniels will challenge misconceptions about motivation and offer a nuanced perspective on motivation as a fluid and individualized process of goal-directed behaviours. Through a combination of anecdotes and empirical evidence, she will help contextualize why motivation may feel so low during the COVID-19 pandemic and offer some ways to embrace the ups and downs of motivation in ourselves and others.

A great talk for anyone or any council that has struggled with motivation during the pandemic!

Sponsored by the Edmonton Diocesan CWL

