

*Wednesday May 16th 2018, 12:30 – 2:00 pm*

*Pavillon Adrien-Pinard, SU-1550*

*100 Sherbrooke West, Montreal (Quebec), H2X 3P2*

*A wine and cheese will follow, SU-R310*

# THE MOTIVATION EQUATION: THE IMPORTANCE OF AUTONOMY IN THE PURSUIT OF GOALS



**Richard Koestner, Ph.D.**  
Professor, Department of Psychology  
McGill University

Professor Koestner conducts research on goal-setting, self-regulation and internalization processes. Broad questions of interest include: How do individuals motivate themselves to pursue valued goals? and How do they determine which goals and guidelines to internalize from their social-cultural surroundings? Professor Koestner's recent work has focused on the maladaptive consequences of regulation based on extrinsic rewards or controlling introjects.

*In collaboration with the Research Laboratory on Social Behavior, directed by Robert J. Vallerand, Ph.D.*

*Professor, Department of psychology,*

*Université du Québec à Montréal*

<http://www.lrcs.uqam.ca/en/home/>

## 2017 – 2018 Lectures Series

February 28th, 2018

**Constantine Sedikides, Ph.D.**

University of Southampton

*"Nostalgia and Well-Being"*

November 22th, 2017

**Arie Kruglanski, Ph.D.**

University of Maryland

*"The Making of Violent Extremists"*

September 20th, 2017

**Barbara Fredrikson, Ph.D.**

University of North Carolina

*"Positivity Resonance: Implications for Health and Well-Being"*