



# CONVERSATIONS WITH COLLEAGUES

Feb. 26 | 4 – 5 P.M. | Hartnett Hall Collaboration Space

**BUILDING THE DAM:  
Leveraging Self-Determination  
Theory to Foster Well-Being on  
College Campuses**



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## **BUILDING THE DAM:**

### **Leveraging Self-Determination Theory to Foster Well-Being on College Campuses**

#### PRESENTERS:

**ELYZIA POWERS** and **DYLAN HORNER**

of Behavioral Sciences and Criminal Justice  
(Psychology)

Join your colleagues to learn how Self-Determination Theory and its research can serve as a framework for how we help students find purpose and meaning in what they do. This talk will highlight the importance of supporting three psychological needs in the classroom—competence, relatedness, and autonomy—and will identify unique struggles faced by college students. We will also consider how supporting students in their autonomy and “self-authorship” can help them feel like they are leaving their own unique and lasting mark to be remembered by others.



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