



# Danny Pettry's

Independent Education Program

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*Thank You . . . for choosing*  
 Danny Pettry's Independent Education Program  
 for your continuing education needs.

**Notice:** You most often get out of home study education what you put into it.

## Course Outline

<b>Course Topic:</b>	Motivation Techniques: Encouraging Autonomy
<b>TR Knowledge Area:</b>	Foundation Knowledge: social psychology and personal autonomy.
<b>Clock Hours:</b>	Five clock hours or (0.5 CEUs) Notice 10 clock hours are equal to (1.0 CEUs)
<b>Course Goal:</b>	To understand internal motivation and the concepts for promoting personal autonomy
<b>Course Objective:</b>	Independent learner will be able to demonstrate awareness of concepts for promoting personal autonomy as evidenced by scoring at least a 70% score or higher on a 10-question quiz on Edward Deci's (1995) book: <i>Why we do what we do: the dynamics of personal autonomy</i>
<b>Required Reading:</b>	Deci, E. & Flaste, R. (1995) <i>Why we do what we do: the dynamics of personal autonomy</i> . Putnam: New York.
<b>Bookstore:</b>	The required text can be purchased from Danny Pettry's online bookstore at the link below:  <a href="http://astore.amazon.com/dannypettry-20">http://astore.amazon.com/dannypettry-20</a>

### **Contact Information**

<b>Course Instructor:</b>	Danny W. Pettry, II, MS, CTRS
<b>Office:</b>	107 Albert Avenue Beckley, West Virginia 25801-2001
<b>Office Hours:</b>	Hours vary. Contact Danny by email or phone.
<b>Email:</b>	<a href="mailto:Danny@DannyPettry.Com">Danny@DannyPettry.Com</a>
<b>Phone:</b>	304.412.4065
<b>Online:</b>	<a href="http://www.DannyPettry.Com">http://www.DannyPettry.Com</a>

#### **Course Requirements: What you'll need to do to complete this course:**

1. Read the required reading. This is listed in the outline above.
2. Take the required exam for the course and pass with at least a 70% score or better. The online exam link should have been included in your email with this outline. Email [Danny@DannyPettry.Com](mailto:Danny@DannyPettry.Com) if you need the link to take your exam.
3. Print out the page that says "Passed" as proof of the continuing education units that you've earned. Put the form in a safe place so that you'll have it when it is time for re-certification. Don't have a printer – don't worry. There is a place on the course evaluation form that you can check to have a certificate of completion mailed to you.
4. Complete the course evaluation form. This is required. You will be automatically redirected to the course evaluation form once you complete the online exam.

**Study Guide for the Online Exam**

1. Deci (1995, p. 21) defined intrinsic motivation as which of the following:
2. Victor Vroom and Edward Deci performed research at Carnegie-Mellon on how rewards affected intrinsic motivation. What were the outcomes for rewarding people monetarily for doing puzzles? Helpful hint on page 22.
3. According to research by Mark Lepper (p. 31) at the Stanford University, controlling people with deadlines, imposed goals and consequences resulted in:
4. According to a study by Kasser and Ryan (p. 129) people who held extrinsic goals dear
5. Ryan and Grolnick at the University of Rochester argued that students with introjected values were seen as motivated as students with integrated values. (P. 96). However, students with introjected values were more:
6. Put Deci's (1995) three-steps for promoting integration in correct order. Helpful hint on pages 100-101.
7. Promoting autonomy is not being permissive. Deci argues that being permissive is easy and that promoting autonomy requires this or these:
8. Deci (1995, p. 149) argues that setting limits is important for encouraging responsibility. Deci argues that limit setting is counter productive to autonomy when they
9. According to Deci (1995, p. 134 – 135) autonomy consists of:
- 10.** Often times certain activities must be performed. In example, at a patient in physical rehab may require physical use body to regain muscle and strength. How could a helping professional promote autonomy?

## **Instructor Bio**

**Danny Pettry** is a Certified Therapeutic Recreation Specialist (CTRS). Pettry has a Master of Science degree in Therapeutic Recreation from Indiana University, Bloomington, Indiana and a Bachelor of Science degree in Park Resources and Leisure Services with an emphasis in Therapeutic Recreation from Marshall University, Huntington, West Virginia.

**Pettry** has provided recreation therapy services for children between the ages of 7 to 13 on who are in treatment for abuse and reactive behaviors since 2003. Pettry has also worked for in-patient skilled nursing and psychiatrics in Recreation Therapy for three Huntington, West Virginia facilities: Woodlands Retirement, HealthSouth Rehab, and St. Mary's Hospital.



Mr. Danny Pettry, II

**Pettry** has been an active and good-standing member of the American Therapeutic Recreation (ATRA) since 2000. He won the Peg Connolly Scholarship to the 2004 national conference in Kansas City. He was awarded an advocate of the year in 2005 by ATRA for outstanding efforts with the Recreational Therapy – Medicare Project. He served on the Peg Connolly scholarship committee in 2007 and 2008. Pettry is also an active member of the West Virginia Therapeutic Recreation Association (WVTRA) branch of ATRA.

**Pettry** has provided in-services throughout the state of West Virginia on:

- What is Recreation Therapy and the Importance of the Medicare Project
- How to Lead Group Activities for Diversion: training for technicians.
- Discovering the Secrets to Enjoying Work
- Teambuilding Workshops
- Writing Functional Outcome Goals
- The Therapeutic Benefits of Journaling

### **Important Notice**

As with any continuing education agency, The National Council for Therapeutic Recreation Certification (NCTRC) does not pre-approve any continuing education courses for re-certification. All of the continuing education programs designed by Danny

Pettry follow the job analysis knowledge areas set by NCTRC, including:

- a. Foundation knowledge
- b. Practice of Therapeutic Recreation/ Recreational Therapy
- c. Organization of Therapeutic Recreation/ Recreational Therapy Services; and
- d. Advancement of the Profession

The Registered Nurses Board does pre-approve continuing education programs.

**DannyPettry.Com is an approved provider of continuing education activities:**

### **Nursing WV 2007-0520RN.**

For additional information regarding pre-approval status, contact the RN Board:

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