

**Table 2**  
**Examples of Implementing Motivational Strategies to Increase Engagement with Retrieval Practice.**

Motivational Strategy	Learners	Teachers
Finding value	Write about how retrieval practice of the material will help to reach future goals.	Provide retrieval practice activities with cover stories that incorporate the learner's interests.
Reducing cost	Write about (making them explicit) the perceived costs of implementing retrieval practice (e.g., the difficulty in using a more challenging learning strategy) and then consider how to reframe the cost.	Gather stories, anecdotes, or quotations from previous students about how they overcame the cost challenges of using retrieval practice.
Reframing appraisals and attributions	When facing a setback or getting frustrated in the use of retrieval practice, recite self-affirmations as a reminder that everyone faces challenges and it is possible to push through.	As learners experience setbacks or failures in retrieval practice, remind them that their performance can be improved through increased effort or changes in strategy use (i.e., it does not reflect their innate ability).
Creating appropriate challenges	Generate sub-goals of a larger activity to help alleviate the potential daunting nature of the activity and to create more accomplishable steps.	Include retrieval reflection questions about challenging material that was covered to help learners identify areas that they may need to improve.
Providing choice	When using retrieval practice to learn how to factor polynomials, a learner might obtain a few different sets of practice problems to choose among.	In order to be autonomy-supportive, an in-class essay used as retrieval practice might allow learners to choose from among a few equally beneficial prompts