

schwa, they were transcribed as ' in order to distinguish them from eh. Glottal clicks and guttural sounds were also included in this category.

b) Vowel and consonant lengthening's

Although not included in the reference taxonomy, the category of vowel and consonant lengthenings is not new in studies on non-fluencies (see Magno Caldognetto, Vagges & Job 1983). These occurrences were included in the taxonomy because they are typical of spontaneous speech and by virtue of their high incidence in the interpreters' deliveries.

C) Interruptions

Interruptions include many types of occurrences and sometimes it may be difficult to decide in which category they have to be ranged. In such cases an expert was asked for advice.

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## **SELF-DETERMINATION THEORY AND THE IMPORTANCE OF BEING SELF-MOTIVATED**

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**Abstract:** *Self-determination and motivation are important life skills. The reason it's important is because every person on this earth has their own sentimental value and courage to work towards their desired goals. So, both of two phrases mentioned above help people to focus and make a commitment to seeing their goal accomplished and so on.*

**Key words:** *self-determination theory, intrinsic and extrinsic motivation, important life skill.*

Self-determination is assumed the most important spiritual concept that gives a broad insight of human motivation and personality. Much of the research guided by SDT ( Ryan and Deci) who first introduced their ideas in their 1985 book *Self-Determination and Intrinsic Motivation in Human Behavior*. Both of SDT ( Ryan and Deci) experts developed a theory of two motivational assumptions as follows:

1. The need for growth drives behavior.

The first perception of self-determination is that people could develop a self-concept by gaining mastery over challenges and experiencing new things. *There are no great challenges which ordinary people rise to meet.* (William Frederick Halsey, J.R)

2.Extrinsic and Intrinsic Motivation.

Extrinsic Motivation

-from outside you

-grading system

-external rewards such as

Intrinsic Motivation

-comes from within

-drives towards action

and growth

money, acclaim, prizes,  
the respect and admiration of  
others

In psychology, there is a huge gap between intrinsic and extrinsic motivation. As is said in “ Introduction to Psychology: Gateway to Mind and Behavior with Concept Maps,” the others offer a definition “ Intrinsic motivation occurs when we act without any obvious external rewards. We simply enjoy an activity or see it as an opportunity to explore, learn and actually our potentials “. Moreover, basic factors which include “Challenge”, “Self-control”, “Cooperation and competition”, “Curiosity” and “ Recognition” are the main identification of Intrinsic Motivation. On the other hand, people who are extrinsically motivated may engage in a behavior to avoid being judged, punishments or negative outcomes. For example, if children clean and tidy their rooms, they could receive praise or reward from their parents. Both of autonomous motivation are relevant in our life. The more we learn and practice, the more skilled and self-determined we will likely feel.

The topic of self-motivation is however, is far from simple. Motivation is an internal process. Whether we define it as a drive or a need, motivation is a conduction inside us that desires change, either in the self or the environment. When we tap into this well of energy, motivation endows the person with the drive and direction needed to engage with environment in an adoptive, open-ended, and problem-solving sort of way (Reeve,2015). The ability to motivate yourself-self-motivation-is an important skill. It pushes us to achieve our goals and does not let us depend on others and drives us tap our strengths. The best way to explain it is to show what it looks like in everyday life as follows.

- achieving our goals
- health
- good mood
- satisfaction from our work
- having family and bosom friends

There is a considerable evidence why they are important for our general well-being.

*“If you want to live a happy life, tie it to a goal, not to people or things”*

*Albert Einstein*

It certainly makes sense that most of us must have something in our lives to aim by growing spiritually, mentally, financially, psychally.

In general, the famous Danish philosopher Grundtvig once said:” Man has not lived, before he learns about the things he once did not appreciate”. It can be seen that motivation and self-determination are strongly connected. Some gifted students may be intrinsically motivated, while others may be extrinsically motivated. All inner feelings related triumph which entail competence, autonomy, perception, persistence, relatedness, also play indispensable role in achieving something truly important and the level of motivation and performance expected.

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#### **ИСПОЛЬЗОВАНИЕ НЕТРАДИЦИОННЫХ МЕТОДОВ ДЛЯ ЧТЕНИЯ ТЕКСТОВ РАЗЛИЧНЫХ ЖАНРОВ**

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