

Parental psychological needs in supporting their child's schooling

Every individual has **three fundamental psychological needs** whose satisfaction is essential for their optimal functioning, adaptation, personal development, and overall well-being.



The need to act of one's own will and to feel at the origin of one's actions, thoughts, and feelings.

Satisfied need for autonomy = engaging in tasks and activities that one values.



The need to feel effective and to perceive that one's actions lead to desired outcomes.

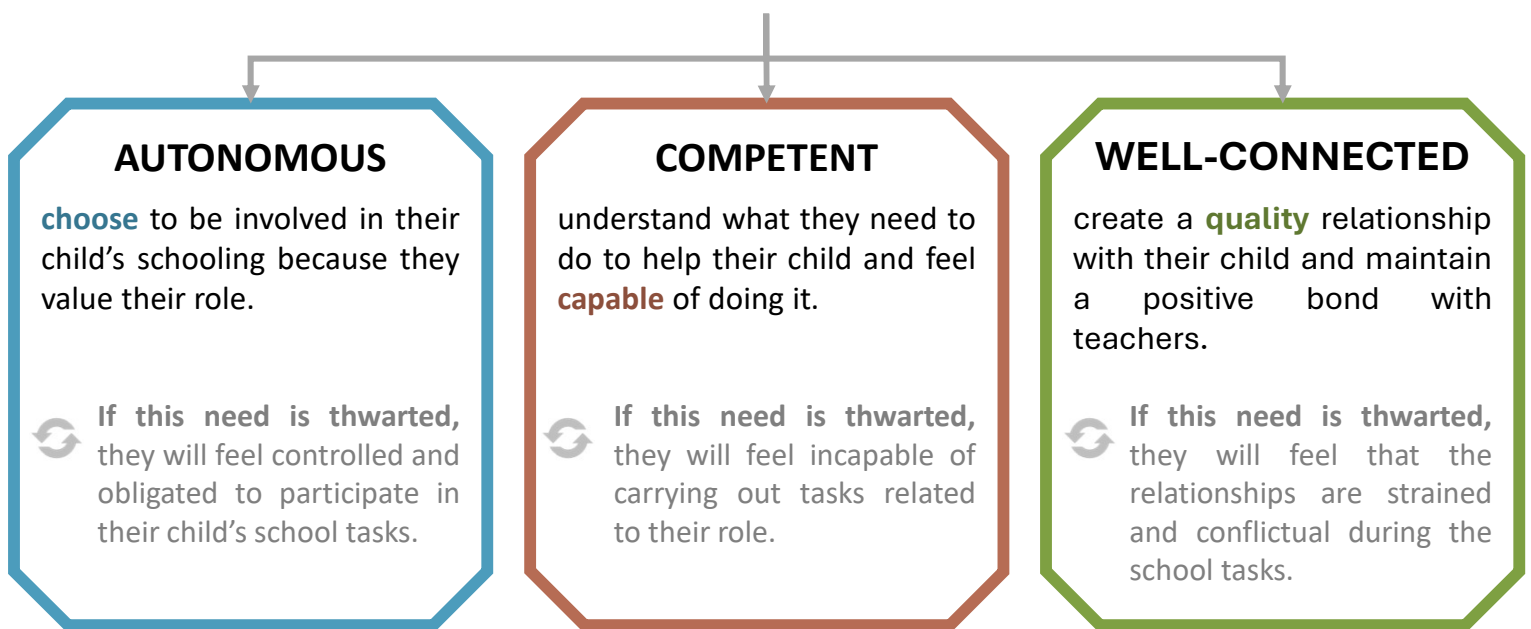
Satisfied need for competence = knowing what is asked of us and feeling capable of doing it.



The need to cultivate warm and reciprocal relationships with significant individuals.

Satisfied need for relatedness = having positive and meaningful connections with others.

In the context of school engagement, parents who feel



The more parents' psychological needs are satisfied, the more they adopt **optimal practices** in supporting their child's schooling.

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