

CONTENTS

<i>Series editor's preface</i>	<i>vii</i>
Introduction: The ever-changing landscape of language learning motivation research	1
1 Fundamental challenges I: The conceptualisation of 'motivation'	4
Challenge 1: What is motivation: a trait, a state or a process?	4
Challenge 2: How can we conceptualise motivation in a process-oriented manner?	9
Challenge 3: Is it possible to distinguish motivation from affect and cognition?	14
Challenge 4: Conscious versus unconscious motivation	15
2 Fundamental challenges II: Motivational dynamics	21
Challenge 5: How to account for the context of motivation	21
Challenge 6: The issue of different timescales	32
Challenge 7: The interference of multiple parallel goals	36
Challenge 8: How to handle the dynamic complexity of motivation	41
3 Fundamental challenges III: Motivation applied	50
Challenge 9: Motivation and SLA	50
Challenge 10: How to enhance motivation meaningfully, without carrots and sticks	53
Challenge 11: How can we measure a dynamic concept such as motivation?	65

4	Research frontiers I: Unconscious motivation	76
	Human agency and its unconscious limits	77
	Unconscious goal setting and goal pursuit	84
	Dual-process theories and the interaction of the conscious and the unconscious mind	87
	Researching unconscious motivation	88
	Summary	96
5	Research frontiers II: Vision	100
	What is vision?	101
	Applications of vision in the social sciences	109
	How does vision motivate?	115
	Vision and L2 motivation	123
	Summary	128
6	Research frontiers III: Long-term motivation and persistence	136
	High-octane motivational fuel: 'Self-concordant vision'	137
	Limiting energy depletion through energy saving	139
	Regenerating energy 1: Lessons from 'directed motivational currents'	142
	Regenerating energy 2: Lessons from 'psychological momentum'	145
	Augmenting energy with positive emotionality	151
	Motivational breakdown cover: Persistence and self-control	153
	Summary	161
	Conclusion	166
	<i>Author index</i>	169
	<i>Subject index</i>	176