

# Summary



Having access to electronic content means I don't have to rely on anybody else. It helps me keep up alongside my peers and keeps me engaged.

## Engagement

- Recruiting interest, choice, autonomy, authenticity, relevance, and value.
- Minimise distractions and threats,
- Sustaining effort and persistence.
- Supporting beliefs as a learner, coping skills, and self-reflection.

### Source:

CORE Education

<http://www.core-ed.org/>

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