

Design principles for digital nudges with the aim to support self-regulation

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genially



Use of nudges in general →



Use of nudges in higher education →



Nudges to support self-regulation →



Literature review and interviews →



Design principles →



Use of nudges in general

Nudges are small and easy interventions which alter people's behaviour in a predictable way without restricting options (Thaler & Sunstein, 2008).

...without restrictions
...without forbidding options

Reflective thinking versus automatic thinking
Transparent versus non-transparent



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Use of nudges in higher education →



Use of nudges in (higher) education



The implementation of nudging in education is sparse as of yet.

Nudges can be successful for educationally relevant outcomes and behaviour.

Providing students with effective nudges is almost an art form.



Use of nudges to support self-regulation



Use of nudges to support self-regulation



"Self-regulation refers to the process whereby learners personally activate and sustain cognitions, affects, and behaviors that are systematically oriented toward the attainment of learning goals." (Zimmerman & Schunk, 2011)

Students need guidance within a blended learning environment.

Nudging the use of tools to stimulate self-regulation.



Literature review and interviews





Systematic literature review and focus group interviews

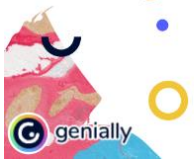


Research database EBSCO
Author-Supplied Keywords
Peer-reviewed articles
2012-2022

2 focus groups
1st group: 8 participants: 4 third- and fourth-year students, 2 field teachers, 2 teacher-researchers higher education. 3 men, 5 women

15 unique keywords
39 search combinations
21 unique articles
10 selected articles, based on target group, research design and educational context
7 categories of design principles

2nd group: 6 participants: 2 third- and fourth-year students, 2 field teachers, 2 teacher-researchers higher education. 1 man, 5 women



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Design principles →



Design principles for digital nudges with the aim to support self-regulation



Please discuss the design principles and make suggestions to modify the design principles to make them more suitable for the purpose of developing digital nudges to support students' self-regulation in a blended curriculum.



Content →

Design →