

Lucas M. Jenø, PhD

ADDRESSES

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EMPLOYMENT HISTORY

2019 – Present: Associate Professor in University Pedagogy at the Department of Education, University of Bergen, Norway.

2022 – Present: Associate Professor II at the Norwegian School of Economics (NHH).

2018 – 2019: Post-doctoral Research Fellow at the Department of Biological Sciences, University of Bergen, Norway.

2014 – 2018: PhD-candidate at the Department of Biological Sciences, University of Bergen, Norway.

2013 – 2014: Research assistants at the Department of Psychosocial Science, University of Bergen, Norway.

EDUCATION

2014 – 2018: Philosophiae Doctor (PhD) in Educational Science at bioCEED – Centre of Excellence in Biology Education - at the Department of Biological Sciences, University of Bergen, Norway

2011 – 2013: Master of Science (MSc) in education at the Department of Education, University of Bergen, Norway

2008 – 2011: Bachelor of Science (BSc) in education at the Department of Education, University of Bergen, Norway

PUBLICATIONS

GOOGLE CITATIONS: 637

GOOGLE H-INDEX: 10

PEER-REVIEWED PUBLICATIONS: 16

Alamer, A., Al Khateeb, A., & **Jenø, L. M.** (in-press). Using WhatsApp increases L2 students' motivation and achievement, and decreases language anxiety: A self-determination theory approach. *Journal of Computer Assisted Learning*

Ahmadi, A., Noetel, M., Parker, P. D., Ryan, R., Ntoumanis, N., Reeve, J., **Jenø, L. M.**,... Lonsdale, C. (in-press). A Classification System for Teachers' Motivational Behaviours Recommended in Self-Determination Theory Interventions. *Journal of Educational Psychology*

- Jeno, L. M.**, Egelanddal, K., & Grytnes, J-A. (2022). A qualitative investigation of psychological need-satisfying experiences of a mobile learning application: A Self-Determination Theory approach. *Computers and Education Open*; 10.1016/j.caeo.2022.100108
- Kristensen, S. M., Danielsen, A. G., **Jeno, L. M.**, Larsen, T., & Urke H. B. (2021). The within-person effect of psychological distress on social self-efficacy: A random intercept cross-lagged panel model. *Journal of Research on Adolescence*; 10.1111/jora.12701
- Jeno, L. M.**, Nylehn, J., Hole, T. N., Raaheim, A., Velle, G., & Vandvik, V. (2021). Motivational determinants of students' academic success: The role of autonomy support, autonomous motivation and perceived competence. *Scandinavian Journal of Educational Research*; 10.1080/00313831.2021.1990125
- Jeno, L. M.**, Diseth, Å., & Grytnes, J-A. (2021). Testing the METUX model in higher education: Interface and task need-satisfaction predict engagement, learning, and well-being. *Frontiers in Psychology*, 12 (631564); 10.3389/fpsyg.2021.631564
- Jeno, L. M.**, Dettweiler, U., & Grytnes, J-A. (2020). The effects of goal-framing and need-supportive app on undergraduates' intentions, effort, and achievement in mobile science learning. *Computers & Education*, 159, 1-14; 10.1016/j.compedu.2020.104022
- Cotner, S., **Jeno, L. M.**, Walker, JD., Jørgensen, C., & Vandvik, V. (2020). Gender gaps in the performance of Norwegian biology students: The role of test anxiety and science confidence. *International Journal of STEM Education*, 7(55); 10.1186/s40594-020-00252-1
- Yasué, M., **Jeno, L. M.**, & Langdon, J. (2019). Are autonomously motivated university instructors more autonomy-supportive teachers? *International Journal for the Scholarship of Teaching and Learning*, 13(2)
- Jeno, L. M.**, Vandvik, V., Eliassen, S., & Grytnes, J-A. (2019). Testing the novelty effect of an m-learning tool on internalization and achievement: A Self-Determination Theory approach. *Computers & Education*, 128, 398-413; 10.1016/j.compedu.2018.10.008
- Jeno, L. M.**, Adachi, P., Grytnes, J-A., Vandvik, V., & Deci, E. L. (2018). The effects of m-learning on motivation, achievement, and well-being: A Self-Determination Theory approach. *British Journal of Educational Technology*, 50(2), 669-683; 10.1111/bjet.12657
- Jeno, L. M.**, Danielsen, A. G., & Raaheim, A. (2018). A prospective investigation of students' academic achievement and dropout in higher education: A Self-Determination Theory approach. *Educational Psychology*, 1-22.
- Jeno, et al.** (2017). The relative effect of team-based learning on motivation and learning: A self-determination theory perspective. *CBE-Life Sciences Education*, 16:4; doi: 10.1187/cbe.17-03-0055.
- Jeno, L. M.**, Grytnes, J-A., & Vandvik, V. (2017). The effect of a mobile-application tool on biology students' motivation and achievement in species identification: A Self-Determination Theory perspective. *Computers & Education*, 107, 1-12.
- Jeno, L. M.** (2015). Encouraging Active Learning in Higher Education: A Self-Determination Theory Perspective. *International Journal of Technology and Inclusive Education*, 5(1), 716-721.

Jenø, L. M., & Diseth, Å. (2014). A self-determination theory perspective on autonomy support, autonomous self-regulation, and perceived school performance. *Reflecting Education*, 9(1), 1-20.

THESIS/REPORTS

Jenø, L. M. (2018). The antecedents and consequences of students' autonomous motivation: The relation between need-support, motivation, and academic achievement. PhD thesis: University of Bergen, Norway. Retrieved from BORA – Bergen Open Research Archive: <http://bora.uib.no/handle/1956/17502>

Hole, T., **Jenø, L. M.**, Holtermann, K., Raaheim, A., Velle, G., Simonelli, AL., & Vandvik, V. (2016). *bioCEED Survey 2015*. Retrieved from BORA – Bergen Open Research Archive: <https://bora.uib.no/handle/1956/11952>

Jenø, L. M. (2013). En motivasjonsmodell av autonomistøtte, autonom motivasjon og oppfattet skoleprestasjoner: Et self-determination theory perspektiv. Master thesis: Universitetet i Bergen, Norway. Retrieved from BORA – Bergen Open Research Archive: <http://bora.uib.no/handle/1956/6755>

WORK IN PREPARATION

Johansen, M. O., Eliassen, S., & **Jenø, L. M.** (under review). Subject Relevant Learning Activities Increase Autonomous Motivation and Well-being

Johansen, M. O., Eliassen, S., & **Jenø, L. M.** (under review). The dark and bright side of autonomy: Investigating the duality of autonomy support and thwarting, and how it related to student motivation

Jenø, L. M., Peters, C., & Grytnes, J-A. (in prep). Towards “henosis” of mobile learning research and theory: Self-Determination Theory as a unifying framework

Johansen, M. O., Eliassen, S., & **Jenø, L. M.** (in prep). The fluctuation of autonomy satisfaction and frustration within a teaching session affects student function.

Jenø, L. M., Rundereim, K. G., & Grytnes, J-A. (in prep). An experimental comparison between two digital tools for species identification from the lens of Self-Determination Theory

Strømme, C. B., **Jenø, L. M.**, & Vandvik, V. (in prep). Predictors of relatedness and collaborative skills among higher education students: A Bayesian network analytical approach

TEACHING ACTIVITY

MAIN SUPERVISOR & CO-SUPERVISOR

- PhD supervisor for Marius Ole Johansen Autumn 2018 – Present
- Master supervisor for Brigit Roar Skeie Autumn 2022 – Present. MA of Science in Education-
- Master supervisor for Kjetil Grotle Rundereim Autumn 2021/spring 2022. MA of Science in Teacher Education. Grade on Master's Thesis: C.
- Master supervisor for Sara Madeleine Kristensen Autumn 2016/spring 2017 - MA of Science in Education. Grade on Master's Thesis: B.
- PhD Co-supervisor for Oddfrid T. Kårstad Førland Spring 2019 - Present

COURSES AND SEMINAR TAUGHT

- Group leader course for student teaching assistants
- Group leader course for PhD students

- Group leader course for student teaching assistants (NHH)
- Quantitative methods and statistics in BIO300 and METMAU660
- UPED600 Introduction to teaching at university and course design
- UPED639 Team-Based Learning
- UPED 689 Student motivation

COURSE DEVELOPMENT

- Workshop on Team-Based Learning and Problem-Based Learning to teachers at the Bachelor program in Human nutrition
- Workshop on Team-Based Learning to teacher at the Norwegian School of Economics (NHH)
- Incorporate Team-Based Learning to BIO201 and BIO210
- Development of statistical videos in bioSTATS

TEACHING SUPPORT

- Pedagogical assistance to teachers at BIO102, BIO210, BIO201, and BIO301
- Pedagogical assistance to biORAKEL teaching assistance on “how to teach and facilitate learning”
- Pedagogical assistance to biOSPIRE-mentors on “Benefits of mentoring”
- Pedagogical assistance to “BIO Writing group” for BSc and MSc students
- Pedagogical assistance to students on how to facilitate self-motivation, learning and achievement
 - **Jenø, L. M.** & Raaheim, Arild. (03. May 2016). “Tips og motivasjon i eksamenstida!”. K3/K4, Bergen, Norway.
 - **Jenø, L. M.** (18. Nov 2015). Lecture to students on motivation tips and exam tips “Motivasjonstips og eksamenstips”. K3/K4, Bergen, Norway.
 - **Jenø, L. M.** (16. March 2015). Meeting with students and presentation of bioCEED. “bioCEED møter studentene”. K3/K4, Bergen, Norway.
- Development of a standardized course evaluation form at the Department of Biological Sciences

FUNDING

TOTAL: 1 167 800 NOK

NOK 341 000 Funding from UiBs Humaniorastrategi 2018-2022 for the project “The role of motivation in explaining teacher students’ study quality and dropout” (2022-2023). Application by **Jenø, L. M.**
Project number:

- NOK 45 000 Funding from Meltzers Høyskolefond, Norway for a workshop for the project «Open science in technology and education» (2022-2023). Application by **Jenø, L. M.** Project number: 103498128
- NOK 13 500 Funding from Skipsreder Jacob R. Olsen og Hustru Johanne Georgine Olsens Legat at the University of Bergen, Norway for “Measuring active and passive learning in Higher Education” (2021-2022). Application by **Jenø, L. M.** Project number:
- NOK 70 000: Funding from The Faculty of Psychology SPIRE-funding 2020 for a workshop: Application by **Jenø, L. M.** Project number: 710022
- NOK 550 000: Funding from DIKU for «MOVUL: Mobilbasert læring som vurdering» (2020-2021). Application by **Jenø, L. M.** Project number: DIG-2020/10014
- NOK 10 000: Funding from Olaf Grolle Olsens legat at the University of Bergen for “Biology students´ knowledge in species identification” (2018). Application by **Jenø, L. M.** Project number: 812403
- NOK 25 000: Funding from bioCEED at the University of Bergen, Norway for “Teacher culture and motivation” (2017). Application by **Jenø, L. M.** and Kristensen, S. M. Project number: 808258: WP3
- NOK 50 000: Funding from bioCEED at the University of Bergen, Norway for App-study ”Testing the effect of innovation on students´ motivation and learning: The importance of basic psychological needs” (2017). Application by Grytnes, J-A. and **Jenø, L. M.** Project number: 808258: WP3
- NOK 47 300: Funding from Skipsreder Jacob R. Olsen og Hustru Johanne Georgine Olsens Legat at the University of Bergen, Norway for “Effekten av Arts-App på studenters læring og motivasjon/The effect of ArtsApp on students learning and motivation” (2015). Application by **Jenø, L. M.** Project number: 809412
- NOK 36 000: Grant approved from WUN Research Mobility Programme to have a research stay at the University of Rochester, USA with Professor Edward. L. Deci for two months for the period of 28 of August, 2015 – 23 of October 2015 (2015). Application by **Jenø, L. M.** Project number: 710022
- NOK 50 000: Funding from MatRIC at the University of Agder, Norway for “Videos in biological statistical education (2015): A development project”. Application by the bioSTATS-team. Project number: 150604

COMMITTEE

- PhD end-evaluation committee for Anine Madsgaard at VID Specialized University, Campus Bergen, Norway. May 2022

- PhD evaluation committee for Dorian Peters at University of Sydney, Australia. March 2022.
- Evaluator of ETP-applications 2022 at the Western Norway University of Applied Sciences, Norway.
- Hiring committee for advisors, senior advisors, and mentors for the “Mentor project” at the University of Bergen, Norway.
- Evaluator of ETP-applications 2019 at the Faculty of Psychology – University of Bergen, Norway.
- PhD Midway evaluation committee for Kjersti Velde Helgøy at VID Specialized University, Campus Bergen, Norway. January 2020
- Hiring committee for PhD position at bioCEED – Centre of Excellence in Biology Education – University of Bergen, Norway. March 2019
- Evaluator of ETP-applications 2022 at the Western Norway University of Applied Sciences, Norway.

CONFERENCES

- Jenø, L. M.**, Vandvik, V., Eliassen, S., & Grytnes, J-A. (2019). “Perceived novelty is not enough: the effect of need-support in m-learning on internalization and achievement”. Paper presented at the 7th International Self-Determination Theory Conference. Egmond aan Zee, Netherlands.
- Jenø, L. M.**, Raaheim, A., Kristensen, S. M., Kristensen, D., Haugland, M., & Mæland, S. (2018). “A Self-Determination Theory approach to understanding the motivational dynamics of Team-Based Learning”. Paper presented at the ISSOTL18 conference. Bergen, Norway.
- Jenø, L. M.**, Adachi, P., Grytnes, J-A., Vandvik, V., & Deci, E. L. (2018). “How mobile learning can support student motivation and achievement”. Paper presented at the ISSOTL18 conference. Bergen, Norway.
- Levesque-Bristol, C., **Jenø, L. M.**, & Vandvik, V. (2018). “Using Self-Determination Theory (SDT) to inform professional development, understand why active learning works, and foster the Scholarship of Teaching and Learning (SoTL)”. Workshop presented at the ISSOTL18 conference. Bergen, Norway.
- Jenø, L. M.** & Cotner, S. (2017). “Gender gaps in Norwegian students: Confidence, self-efficacy, motivation and participation”. Poster presented at NARST 2017. NARST. San Antonio, TX. USA.
- Jenø, L. M.** (2017). “How technology contributes to biology students' motivation and learning”. Paper presented at MNT-konferansen 2017. Realfagsrekruttering. Oslo, Norway.
- Cotner, S., **Jenø, L. M.**, & Ballen, C. (2017). “Strategies for documenting the implementation of active learning in the Department of Biology”. Paper presented at MNT-conference 2017. Realfagsrekruttering. Oslo, Norway.
- Jenø, L. M.** (2017). “The effects of technology on learning”. NØF 2017. UiO. Norway.
- Jenø, L. M.** (2016). “The effect of a mobile-application tool on intrinsic motivation, perceived competence and achievement”. Poster presented at The 6th International Conference on Self-Determination Theory, Victoria, BC, Canada.
- Jenø, L. M.** (2015). “Shift from teacher-centered to student-centered learning. Bottom-up and top-down changes in an institution” Paper presented at EFYE 2015 conference, Bergen, Norway.
- Jenø, L. M.** (2015). “Why higher education should encourage learner-centered education”. Poster presented at Ireland International Conference on Education, Dublin, Ireland.

- Jenø, L. M., & Grytnes, JA.** (2015). "How technology contributes to biology students' motivation and learning". Paper presented at MNT-conference 2015, Bergen, Norway.
- Jenø, L. M., & Diseth, Å.** (2013). Why autonomy-support and self-determined motivation is important for school. The relationship between teachers' social support, students' motivation, and perceived school performance. Poster presented at The 15th. Conference on Social and Community Psychology, Bergen, Norway.

INVITED PRESENTATIONS

- Jenø, L. M.** (2022). Conference presentation at Conference on Motivation. "Fluctuation of autonomy and functioning within a teaching lesson: An Experience-Sampling Method approach". Hønefoss-Norway 31.03.2022.
- Jenø, L. M., & Vanvik, V.** (2020). Presentation at NOKUT (Norwegian Agency for Quality Assurance in Education) seminar: «Why full revolution of the Study Barometer is necessary". Internet/NOKUT. Oslo – Norway. Internet/Oslo, Norge 02.11.2020.
- Jenø, L. M.** (2018). Presentation at research day: «Active learning and Team-Based Learning", Hotell Terminus 15.05.2018.
- Jenø, L. M.** (2018). "Active learning". Presentation at Department seminar for the Department for Foreign Languages, UiB, Solstrand 26.04.2018.
- Jenø, L. M.** (2017). "How to use technology in teaching to motivate and learn". Presentation for the Department for Foreign Languages, UiB, Bergen 10.11.2017.
- Jenø, L. M.** (2017). Presentation at Learning festival: "How technology can contribute to active learning". NTNU- Trondheim, Norway. 09.05.2017.
- Jenø, L. M.** (2016). "Utdanningskvalitet i biologikurs. Fra underviserkultur til læringskultur". Presentasjon på Forskningsdagen på Institutt for Arktisk og Marin Biologi på Universitetet i Tromsø. Tromsø 23.11.2016.
- Jenø, L. M.** (2016). Presentation at UiB's second Learning conference: "What effects does technology have on students' learning and motivation?". University of Bergen – Norway.

JOURNAL ARTICLE REVIEWS

- Computers & Education
- British Journal of Educational Technology
- Motivation and Emotion
- Educational Psychology
- Scandinavian Journal of Educational Research
- Nordic Journal of STEM Education
- Nordisk Tidsskrift for Pedagogikk og Kritikk
- ISSOTL 2018-Conference

RESEARCH GROUP AFFILIATION

- bioCEED-research group at the Department of Biology, University of Bergen, Norway
- UPP (Teacher Professionalism and Pedagogy) at the Department of Education, University of Bergen, Norway
- MRG (Motivation Research Group) at the Department of Clinical and social Sciences in Psychology, University of Rochester, USA.

POPULAR SCIENCE

- Velle, G., Førland, O., Haave, M., **Jenø, L. M.**, Strømme, C. B., & Vandvik, V. (2020). Relevance, like? *Khrono.no*. Retrieved June 9th, 2020, from: <https://khrono.no/relevans-lissom/494749>
- Vandvik, V., **Jenø, L. M.**, Raaheim, A., Hole, T. N., & Velle, G. (2020). We want a full revolution: The Study Barometer 2.0! *Khrono.no*. Retrieved February 10th, 2020, from: <https://khrono.no/vi-vil-ha-full-revolusjon-studiebarometeret-20/458917>
- Jenø, L. M.**, Töpper, J. P., Vandvik, V. (2019). If the climate competition is to work, there are some things to consider. *Khrono.no*. Retrieved December 9th, 2019, from: <https://khrono.no/hvis-klimakonkurransen-skal-fungere-er-det-noen-ting-man-bor-tenke-pa/424985>
- Jenø, L. M.**, Raaheim, A., Vandvik, V., & Førland, O. K. (2017). Reward and increased status can improve lecturers. *Forskning.no*. Retrieved January 30th, 2017, from: <http://forskning.no/meninger/kronikk/2017/01/betydningen-av-belonning-og-kontekst-indre-motivasjon>
- Raaheim, A., Vandvik, V., Førland, O. K., **Jenø, L. M.** (2017). Good teaching doesn't come from the heart. *Studvest*. Retrieved January 22nd, 2017, from: <http://www.studvest.no/god-undervisning-kommer-ikke-fra-hjertet/>
- Jenø, L. M.**, Raaheim, A., & Vandvik, V. (2016). How to read for the exam? *Klassekampen*. May 20th, 2016
- Jenø, L. M.**, Raaheim, A., & Vandvik, V. (2016). How you actually perform under pressure. *Studvest*. Retrieved April 30th, 2016, from: <http://www.studvest.no/hvordan-du-faktisk-presterer-under-press/>
- Raaheim, A., Fiksen, Ø., **Jenø, L. M.** (2016). We should do something about teaching.. *Bergens Tidende*. Retrieved March 30th, 2016, from: <http://www.bt.no/meninger/kronikk/Vi-bor-gjore-noe-med-undervisningen-3569081.html>
- Raaheim, A., Fiksen, Ø., **Jenø, L. M.** (2016). More than lectures. *Forskerforum*, 48(4), 39.
- Jenø, L. M.** (2015) Hard to get started? Motivation tips for you as a student. *Studvest*. Retrieved September 14th, 2015, from: <http://www.studvest.no/vanskelig-a-komme-i-gang-motivasjonstips-til-deg-som-er-student/>

INTERVIEWS AND MEDIA

- Students became more motivated to learn by an app. Retrieved May 20th, from <https://forskning.no/app-mobiltelefon-partner/student-ble-motivert-til-a-laere-av-en-app/2024755>

Mobile technology that makes the grass greener for the students. Retrieved April 29th, from <https://www.uib.no/psyfa/153725/mobilteknologien-som-gjor-gresset-grønnere-studentene>

Lost motivation? Here are the expert's top tips. Retrieved March 7th, 2021, from: <https://www.kk.no/livet/mistet-motivasjonen-her-er-ekspertens-beste-tips/73423374>

How to prepare for the exam. Retrieved May 14th, 2016, from: <http://www.smp.no/nyheter/2016/05/13/Forbered-deg-til-eksamen-som-en-toppidrettsutøver-12734470.ece>

Seek help as fast as you can. Retrieved May 24th, 2016, from: <http://www.smp.no/nyheter/2016/05/23/—Søk-hjelp-så-fort-du-kan-12764103.ece>

PH.D. COURSES

- PS901 Design and conduct of research
- PS902 Research fellow seminar: Dissemination
- CSP552 Seminar in Human Motivation and Emotion
- UV9212 Meta-analysis
- Pedagogical training for PhDs & Postdocs
- CDP991 Linear Mixed Models
- UPED634B University pedagogy for Ph.D. candidates

STATISTICAL COMPETENCE

- IBM SPSS analysis tool
- IBM AMOS analysis tool
- R programming tool
- NVivo

Personal characteristics

- Organized and skillful in time management
- Strategic and realistic
- Innovative and creative
- Ethical

STUDY ABROAD

- Visiting scholar at the University of Rochester, New York, USA. Invited by professor Edward L. Deci, for the period of 28 of August 2015 – 23 of October 2015. Attended Professor Deci's seminar for PhD-students and Post-doctoral fellows on human motivation and emotions on Mondays from 15.00-18.00 hrs, as well as participating on SDT-lab meetings on Fridays from 14.00-16.00 hrs. Received supervision on my PhD thesis and a meta-analysis which is a joint collaboration with Professor Deci.

SEMINARS/NETWORK GROUPS

- National work-seminar on dropout issues and problems "Tilrettelegge for at studenter skal lykkes" Vilvite, Bergen, Norway. 09 January 2015