What is autonomy? When is a change *positive*? On first glance these may seem to be questions with obvious answers. A more careful look shows that they aren’t so easy. Isn’t autonomy the freedom to choose? If so, then why do students often seem to resist this freedom? And isn’t this resistance silly since, in the end, we *always* have that freedom. Why don’t we always feel it then? What *should* it feel like? And must change feel good to be positive?

In this keynote I will stress that autonomy isn’t only about the ability to choose. More choice doesn’t necessarily create more autonomy or a better sense of freedom. True autonomy requires not only a particular set of circumstances but also a certain attitude. It also doesn’t have to feel good. Quite the opposite is possible. It can be frustrating, irritating and even stressful. True autonomy can be a struggle and a hardship but it’s development is an educational responsibility. It is also always a *positive* change.