

Environmental influences on tertiary students' motivation to learn:
Analyses of quantitative and qualitative data.

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Abstract

Approximately 400 students were enrolled in a child and adolescent development subject. The subject was taught by a group of lecturers who took turns to present a massed lecture to all students and then conducted weekly two hour tutorial sessions with smaller groups of students. Mid way through the year long subject a series of changes was instituted in an attempt to increase students' motivation to learn. These included resubmission of the major assignment after feedback from lecturers, the right to work cooperatively, choice of assignment topics, and the provision of a booklet for writing good assignments. Students completed a questionnaire almost half way through the year before the changes were introduced, and a second questionnaire at the end of the year. In addition, 54 of these students were interviewed about their reactions to the changes introduced to the subject. Students' perceptions of the motivational "climate" of the subject were delineated in terms of mastery and performance achievement goals. Comparing the questionnaires, students perceived a stronger mastery climate at the end of the year and a weaker performance climate, they rated their ability higher, and they indicated greater enjoyment of the tutorials and the massed lectures. Analysis of the interview data provided further insight into students' reactions to the changes introduced in the subject.

Introduction

An emerging theory of motivation focuses on the achievement goal or goals that a person holds (Ames, 1992; Blumenfeld, 1992; Dweck, 1986; Nicholls, Patashnick, & Nolen, 1985). As Ames (1992, p. 261) describes it, a goal "defines an integrated pattern of beliefs, attributions, and affect that produces the intentions of behavior... represented by different ways of approaching, engaging in, and responding to achievement-type activities." The adoption of a goal, then, sets in motion a particular way of interpreting and responding to the world. Two types of goal in particular have been proposed. Those who hold a performance (or ego-involved) goal are concerned primarily with demonstrating their ability (or concealing a lack of ability) to others, and this is shown to best advantage by outperforming others, particularly if success is achieved with little

effort. Those who hold a mastery (or learning, or task-involvement) goal want to develop their competence on a task or increase their understanding of a topic, and are prepared to work hard to achieve their goal.

Adoption of a mastery goal has been associated with the desire to gain in understanding of a topic (Ames & Archer, 1987), the choice of more difficult rather than easy tasks (Ames & Archer, 1988; Elliott & Dweck, 1988), focusing on attributions to effort rather than attributions to ability (Ames & Archer, 1988; Nicholls et al., 1985), and reported use of more effective learning strategies (Ames & Archer, 1988; Meece, Blumenfeld & Hoyle, 1988). In all, the adoption of a mastery goal "encourages children to explore, initiate and pursue tasks that promote intellectual growth" (Dweck, 1986, p.1043).

On the other hand, adoption of a performance goal has been associated with a tendency to avoid challenging tasks (Elliott & Dweck, 1988), negative feelings such as shame and embarrassment following poor performance (Elliott & Dweck, 1988), and use of "surface" strategies such as rote learning (Meece et al., 1988). Susceptibility to these maladaptive attitudes and behaviours is most pronounced in students who feel they lack ability (Dweck, 1986). Because the focus of performance orientation is demonstrating competence to others, the fear of appearing incompetent (particularly pronounced in westernised countries) impels students to use behaviours such as cheating or rote learning that might hide incompetence in the short term but does little to help learning in the long term. Orientation towards a goal has been demonstrated to be affected by individual differences or to be induced by situational cues (Ames, 1992; Dweck, 1986). In laboratory situations, signals or cues to subjects encouraging the adoption of one goal or the other can be presented clearly and unambiguously. In classrooms, however, students may receive contradictory or confusing cues. For example, a teacher may exhort all students to work hard but at the same time single out the more able students by treating them in a particularly friendly and informal manner. In addition, students within the same class may not attend to the same cues or may react differently to the same cues (Weinstein, 1989). Research has shown that teachers are perceived by their students to encourage the adoption of a mastery goal, a performance goal, or both goals (though, as noted, not all students perceive similarly). Students' perceptions that the teacher is encouraging a mastery goal has been linked with enjoyment (Ames & Archer, 1988; Archer, 1992, 1993), willingness to tackle difficult tasks (Ames & Archer, 1988), and reported use of effective metacognitive strategies (Ames & Archer, 1988; Archer, 1992, 1993; Nolen & Haladyna, 1990; Meece et al., 1988). The present study was an attempt to increase students' perception of a mastery climate operating within a university subject by making a series of changes to its operation.

Research methods

Both quantitative and qualitative data were gathered for the present study. The qualitative data, in addition to quantitative questionnaire data, added richer and more detailed information about the social and psychological processes engendered by the changes (Neuman, 1994). In recent years, the so-called paradigm wars have abated, with recognition on both sides that the complementarity of the two approaches "serves better, fuller, and more satisfying understanding" (Salomon, 1991, p. 16). In her review of achievement goal theory, Blumenfeld (1992) calls for research that contains "thick description" in which qualitative methods (the systemic approach in Salomon's terms) supplement quantitative methods (the analytic approach in Salomon's terms). Educational researchers engaged in questionnaire studies tend to isolate variables and search for causal relationships between a limited number of variables, and in so doing attempt to reduce the influence of context. However, a classroom full of students presents a cluster of interrelated variables that change over time. The whole is more than the sum of its component variables (Salomon, 1991), with change in one exerting a pervasive effect on the cluster as a whole. The present study represents an attempt to benefit both from the careful isolation of variables afforded by the analytic approach and the authenticity and emphasis on context afforded by the systemic approach.

Method and Instruments

The subjects of the study were students enrolled in a Bachelor of Education course at the University of Newcastle in a variety of specialisations (including early childhood, primary, and secondary). In their first

year of the course, all students (approximately 400) take a year long subject in child and adolescent development, commonly referred to as Education 1. The subject is run by a group of lecturers (eight during the time of the present study) who take turns to present a massed lecture attended by all students. In addition to the massed lecture, there is a two hour tutorial held every week for smaller groups of students (approximately 25 in each group) conducted by one of the lecturers.

Towards the end of the first semester 1993, students were asked to complete a questionnaire about their Education 1 subject. There were 354 students in the first sample, including 110 males and 244 females. The contents of the questionnaire are detailed below. After students completed the first questionnaire, a series of changes (listed below) were introduced into the subject, changes designed to increase the number of mastery goal cues to students.

(1) The major assignment, unlike the minor assignment completed during the first semester, was to be submitted twice: the first submission would result in a mark out of 10 and written feedback about how the assignment could be improved; the second submission would result in a mark out of 20, and therefore a total mark out of 30. Students also were required to

submit their plan for their assignment.

(2) Each student was given a 33 page booklet (written by the present authors) entitled "How to write an essay in TE115E."

(3) Subjects were given the choice of working alone on the major assignment or working with a partner, unlike the minor assignment which had to be completed individually.

(4) Students were given a choice of topics for the major assignment, unlike the minor assignment where no choice was given.

Towards the end of the second semester, students were asked to respond to the same questionnaire they completed at the end of the second semester. There were some additional questions concerning the changes to the subject that were introduced. There were 319 students in the second sample, including 98 males and 221 females. There were 270 students who completed both questionnaires. The great bulk of students at both times of testing were aged between 18 and 20, with a tail of older students.

Achievement goals

This set of items was designed to assess students' perceptions of the mastery and performance dimensions of the tutorial sessions of Education 1. A modified version of the scales developed by Ames and Archer (1988) was used. Items were prefaced with the heading "In this Education 1 course" and students rated each item on a five point Likert scale ranging from "do not agree at all" (1), "agree" (3), to "strongly agree." For the mastery scale, ten items were selected. The coefficient alpha for the scale was .79 for the first data set and .82 for the second. For the performance scale, eight items were selected. The coefficient alpha for the scale was .72 for the first data set and .66 for the second. The low alpha for the second data set point to a less than adequate scale and any statistics derived from it must be accepted with caution. More details on the construction of the two scales are available from the first author. The mastery and performance scales were not significantly correlated in the first sample ($r=.07$), but correlated in the second sample ($r=.14$, $p<.05$). The items comprising the mastery and performance scales are shown in Appendix 1.

Learning strategies

Students' reported use of effective strategies in studying for Education 1 was assessed using 18 items. Strategies included planning activities, elaboration strategies which focus on integrating new information with what has been learned previously, and monitoring strategies which focus on checking understanding. The items were selected as strategies that are generic to the process of learning, rather than specific to a particular discipline. The coefficient alpha for the scale was .84

for the first data set and .84 for the second. The items in the scale were prefaced with "In this course" and students rated each item on five point Likert scales from "not at all typical of me" (1) to "very typical of me" (5).

The following variables all were measured by single items using five point Likert scales, with 5 the positive end of the scale.

Relevance

Students were asked how relevant they found Education 1.

Interest

Students were asked how interesting they found Education 1.

Enjoyment

In two separate items, students were asked how enjoyable they found both the tutorial sessions and the massed lectures of Education 1.

Perceived ability

Students were asked to rate their ability in the subject compared with other students in their tutorial group.

Re-submission

In two separate items, students were asked how willing they would be to re-submit future assignments, and if they found re-submission helpful in understanding the content of the assignment.

Booklet

In two separate items, students were asked how carefully they read the booklet, and how useful they found the booklet.

Cooperation

Students were asked if they thought the choice of working with a partner or working alone was a good idea.

Choice of topics

Students were asked if having a choice of topics for the assignment was a good idea.

Interviews

A sub-sample of 54 students were asked to participate in an audio-taped interview lasting approximately 40 minutes in which questions were asked about their motivational orientation in subjects at high school and at university, the sorts of study strategies they employed to complete work in these subjects, their attributions for success and failure, and their reactions to the changes instituted in the Education 1 subject. The students were drawn from all specializations within the BEd degree and represented a wide range of achievement levels. For the present study, only data relating to students' reactions to the four changes were analysed.

Results

This study was concerned with individual students' perceptions of the attitudes and behaviour of their tutorial lecturer, and the relation between these perceptions and students' reported attitudes and behaviour.

Because of this, all analyses were conducted on the sample as a whole, not by tutorial group.

Descriptive statistics

Table 1 shows the means and standard deviations for variables that were measured at both times of testing. Table 2 shows the means and standard deviations for subjects' reactions to the changes introduced between the first and second times of testing. All the changes were well received, having a choice of topics and re-submitting the assignment receiving the highest ratings.

Correlational analyses

For both times of testing, students' scores on the mastery and performance goal scales were correlated with their reported use of learning strategies, interest level of the subject, relevance of the subject, enjoyment of tutorials and massed lectures, and their perceived ability. Results are shown in Table 3. As the correlations show, when the students perceived the lecturer to be encouraging a mastery goal, they reported greater use of effective learning strategies, more interest in the subject, more relevance of the subject, and more enjoyment of the tutorials and the massed lectures. The one significant correlation of perception of a performance goal was with reported use of strategies at the first time of testing. Also, there were significant correlations between perceived ability and perception of a mastery climate at both times of testing. These correlations with perceived ability will be discussed in the next section.

Regression analyses

It might be expected that students who perceive themselves among the best students in the tutorial group would be the ones to use effective learning strategies and to demonstrate a more enthusiastic approach to their work than students who see themselves as less capable. To demonstrate that students' perceptions of a mastery climate predicted use of learning strategies, interest, relevance, and enjoyment over and above that of perceived ability, a series of hierarchical regressions was conducted, for both times of testing. Perceived ability was entered first into the regression equation, followed by a performance goal, and lastly by a mastery goal. The results, produced in Table 4, show that, for the four dependent variables, a mastery goal makes a significant independent contribution to the total R squared, over and above the contribution of perceived ability and a performance goal. The independent contribution of perceived ability is most pronounced for reported use of learning strategies.

Changes from Time 1 to Time 2

It had been anticipated that making changes to the structure of the Education 1 subject would increase students' perception of a mastery climate and a more positive approach to learning: allowing re-submission of the major assignment following feedback should emphasise the importance of effort in gaining success and the attitude that mistakes can be corrected; providing a "how-to" booklet should emphasise that there are appropriate strategies that can be learned for writing a good assignment; allowing students to work with a partner should encourage cooperation rather than competition among students; and providing a choice of topics (of relatively equal level of difficulty) should allow students a sense of control of their learning and the chance to select a topic of personal interest to them. For these analyses, the sample was restricted to students who had completed questionnaires at both times of testing ($n=270$). Dependent measures t-tests were conducted on students' perception of mastery and performance goals, their reported use of learning strategies, interest in the subject, relevance of the subject, enjoyment of the tutorials and the massed lectures, and perceived ability.

Significant results emerged for a mastery goal ($t=4.40, p<.001$), a performance goal ($t=-2.06, p<.05$), enjoyment of tutorials ($t=2.49, p<.05$), enjoyment of massed lectures ($t=4.82, p<.001$), and perceived ability ($t=2.68, p<.01$). The results for interest almost reached significance ($p=.05$).

Interview data

Tables 5, 6, 7, and 8 show students' reactions to the four changes introduced midway through Education 1. For re-submission of the major assignment (Table 5), the reactions were overwhelming positive, with comments about the usefulness of receiving feedback, additional motivation, and help in understanding the topic of the assignment. For the strategies booklet (Table 6), the great majority of students found it useful, particularly for referencing procedures and appropriate structuring of an academic essay. For working with a partner (Table 7), students' reactions were mixed, with more than half not taking up the option of working with a partner. A common reason for working alone was preferring to take sole responsibility for success or failure of the assignment, not wanting to let down, or be let down by, other students. Students who chose to work with a partner cited reasons such as reducing workload or gaining additional ideas to their own. For choice of topics (Table 8), almost all students thought it was a good idea because it gave them the chance to choose something of interest to them, something they would be keen to work on.

Discussion

Analyses of quantitative data

The results demonstrate that students' perceptions of a climate of a

subject, as encouraged by its lecturing staff, can be delineated in terms of a mastery goal orientation using an internally reliable scale. However, it was more difficult to delineate a performance goal climate. This will be discussed in more detail later. Students' perception of a mastery climate was linked to reported use of effective learning strategies, interest, relevance, and enjoyment of tutorials and massed lectures. As such, the criterion validity of the mastery goal scale has been strengthened by significant relationships with variables that point to an adaptive approach to learning.

The link between a mastery climate and reported use of effective learning strategies is of particular interest because students may choose not to use strategies with which they are familiar. This may reflect an attempt to protect a sense of self-worth. For example, writing an assignment at the last minute so that there is no time to review the work or make revisions means that a good mark can be attributed to high ability, while a poor one can be attributed to lack of effort. However, if the student's goal is to understand a topic (a mastery goal), then it makes sense to use strategies such as review and revision. There is no sense of shame attached to working hard.

The regression analyses demonstrated that a mastery goal orientation lessens the impact on students of their perceived level of ability. Seeing oneself as among the top students in a tutorial group was not the most important reason for finding the subject enjoyable, interesting, and relevant. For use of learning strategies, though perceived ability was an important predictor, a mastery goal also exerted a significant and independent influence. This study and others (see Nicholls et al., 1989) suggest that a mastery goal orientation lessens the impact of perceived ability on attitudes and behaviour.

The inability to form a robust performance goal scale may reflect the lack of a strong competitive focus within Education 1 (a similar problem

occurred with the previous cohort described in Archer, 1993). Even though grades are awarded at the end of the year (high distinction, distinction, credit, pass, fail), lecturers tend to make little reference to grading practices during the year. Also, unlike some university subjects where more students are admitted into first year than can be accommodated in subsequent years, it is poor performance alone that leads to failure. Little information about performance relative to others is available to students. It may be then that a robust performance scale did not emerge because lecturers involved in the subject provided few cues to students to adopt a performance goal. Indeed, none of the items comprising the performance scale refers directly to the lecturer though there were five items in the questionnaire that did (eg, "the lecturer gives more attention to students who do better on tests and assignments than other students"). The performance goal scale perhaps should be seen as indicating a personal orientation rather than an assessment of a

lecturer's orientation.

Students' perception of a mastery climate did increase significantly from the first time of testing to the second, while there was a less marked decrease in students' perception of a performance climate. It is argued that the increase in perception of a mastery climate was the result of the changes introduced between the first and second time of testing. There also was an increase in the enjoyment of the subject and this could be attributed to an increased mastery orientation. The increase in students' perceived ability is more difficult to explain. It may have been the result of greater confidence engendered by requiring re-submission of the assignment and a subsequent increase in the mark for the assignment.

Apart from enjoyment and ability, there were no significant changes in variables such as use of learning strategies that were expected to increase. Perhaps the changes made in the subject were too isolated. Ames (1992) argues that for motivation of students to increase, change must be effected simultaneously to three aspects of the learning environment: the nature of tasks; the way tasks are evaluated and students recognised for good work; and the amount of autonomy accorded students. With change in some of these aspects but not in others the motivational outcomes may be confused.

Analyses of qualitative data

Analyses of interviewed students' reactions to the four changes produced some interesting and at times unexpected results that provided a richer picture of the effect of the changes. Students' reactions did not always provide support for those predicted by achievement goal theory, and at times they provided additional insights. Also, with four changes introduced into Education 1, analysis of interview data suggested that some changes engendered more motivation to learn in students than others.

The re-submission of the major assignment highlighted two different notions of assessment: assessment as ranking versus assessment as informative feedback. Many of the students mentioned the usefulness of receiving feedback about their work - its strengths and its weaknesses - and therefore where future effort should be expended. Not only was fairly detailed feedback provided, they had to pay attention to it to prepare their assignment for re-submission. For quite a few of the students, this presented a contrast to their typical approach to assessment which was to find the mark they received, glance at the comments (if there were any), and then "throw away" the assignment. That is, assessment was used only to get a sense of their ranking within the class - one of the top students, about in the middle, or down at the bottom.

One student remarked: "The essays shouldn't be about the final mark, it

should be about what you really know." Another said: "I hate it when you

do an exam, and you hand it in, you get a mark back, and they don't even give you your exam. They say it was fair enough, but it's confidential. But you don't know which questions you got right and which questions you got wrong, so you can't improve upon them. You just keep making the same mistakes over and over again. This way, when you get the feedback, at least you know what you're doing wrong. So you can pick up your act a little bit."

Another interesting aspect which emerged about the re-submission of the major assignment was the sense of guidance, of knowing what was expected, that detailed comments provided. For students who were nervous and unsure of their ability in the subject matter, this relieved some of their tension and suggested ways in which weaknesses could be overcome. This brings to mind the work of cognitive psychologists such as Resnick (1989) who argue that learners benefit from the guidance of experts who provide support, or scaffolding, which gradually can be removed as the learners grow in competence and confidence. In keeping with the building analogy is the term cognitive apprenticeship, where the apprentice practises under the eye of an expert. One student said: "If you get to re-submit it, you sort of learn how to rectify that problem, so the next time, you can look and say, well she told me that I did this wrong, and that's how I rectified it, so I'll do that again."

A similar emphasis on guidance and the comfort of having clear expectations emerged in students' comments about the strategies booklet: they knew what was expected of them. Without guidance in a relatively new field, many students worry about their ability to cope. One student described use of the booklet this way: "You could look at it and think, well yeah that's what I have to do. And then you can put your work in and say, well it doesn't quite look the same. Why not? And you can refer back and have something to compare it to. It's all very well to say to a child, look, you put a full stop after the last word in a sentence, and you put a capital at the beginning. But if they can't visualise it, then it's just like us. For me particularly, if I've got something there I can have a look at, I feel more confident." However, not all students felt this way. Some said they paid little attention to the booklet because they felt confident that they knew already how to write academic assignments.

Students' overwhelming response to having a choice of topics for the major assignment was that they could select a topic of interest to them. In most instances, too, students drew connections between interest in a topic, willingness to expend effort, and to search for meaning. For example: "If you can choose something you're interested in, you're more likely to read through it, find out more information. I mean, you're expanding your knowledge. Whereas for something you really don't want to do, then you'll just do what you have to and not go any further. And you won't learn anything." Also of interest was the finding that few students selected what they saw as the easiest topic to do (there was no deliberate attempt on the part of lecturers to provide topics varying in

difficulty). In fact, a number deliberately choose what they perceived to be the hardest or the topic about which they had the least amount of prior knowledge.

It had been anticipated that providing choice would give students a greater sense of personal control over their work. However, there were few comments to support this. In retrospect, this anticipation may have been unrealistic. The major assignment was the only aspect of Education 1 where students could make a choice. All other aspects of assessment were fixed, and students were not asked to assess their own work or the work of others. We had considered allowing students to assess their own assignments,

but decided that with their lack of expertise in developmental psychology (this was a first year subject) this would be too difficult for them to do.

Students' comments about producing the major assignment with the help of a partner pointed to differing perspectives on collaborative work. In fact, more than half the students interviewed worked alone. For some of these, this was a practical solution because they lived too far away from possible partners. But many did not want to work with a partner. There was a moral overtone to their reasons (for a discussion of the moral aspect to cooperative groupings see Ames, 1984): they did not want to let a partner down, they didn't want to be let down by a partner, they preferred to take sole responsibility for the success or failure of the assignment.

Of the students who did work with a partner, a number said they did this to cut down on the work involved. On the face of it, this may be seen as a maladaptive strategy to reduce the complexity of a task. In another sense though it is an adaptive strategy. Many oriented students, with other tasks to be done, might use this to maximise limited time. Other students said they worked collaboratively so they could benefit from the ideas of other students. For example: "so you can incorporate both sorts of perspectives and end up with a better product", and "I thought it would be interesting to see how she goes about it...we bounced off each other with ideas." It also was interesting to note that some parts of the collaborative exercise worked better than others. Joining forces to gather information in the library and to discuss the broad outline of the assignment tended to be positive times. Writing collaboratively often did not work well, with some students admitting to coming close to blows.

Another somewhat negative response to collaboration emerged in the interviews. Some students admitted openly (or in a more indirect fashion) that they didn't work with a partner because they were rejected by possible partners or that they felt they were poor students who would let down the team. For example: "I didn't want to drag the other person down", "there's five of us that sit together in our Education class. And the others picked the other person for convenience more than anything."

“And then I had a major panic attack about the assignment. I suppose I choose not to work with someone else because I wasn't competent in my own work, and I didn't want to disable anyone else by being like that”, “there's a lot of people that are good friends with someone, but I'm not like that, so there wasn't anyone I felt I should ask.” Ames (1981, 1984) has investigated experimentally students' reactions to success and failure in cooperative structures, demonstrating the strong negative emotions that come with group failure. The more competent members of the group are looking for someone to blame, while the less competent members feel remorse for letting down the team. It seems obvious that these students had been involved in group work in the past and were aware of its ability to produce these emotions. There also is the public humiliation of having an offer of partnership rejected.

Conclusion

The present study has demonstrated that the way lecturers approach their teaching - the attitudes and behaviour they display - is related to students' motivation to learn. Further, making changes (in line with achievement goal theory) to the structure of a university subject can increase students' perception of a mastery climate with its emphasis on enjoyment and understanding operating within the subject.

In general, the interviews with a sub-sample of the students involved in the study provide support for the questionnaire data, that the changes introduced did enhance students' motivation to learn. This was

particularly clear for three of the four changes: re-submission of the assignment, provision of a how-to strategies booklet, and a choice of topics for the assignment. The fourth change, the choice of working alone or with a partner on the assignment, produced more equivocal results, not only in terms of the negative emotions that come with group failure or the humiliation of being rejected as a partner, but also with the finding that some tasks may be more amenable to a group approach than others. With cooperative grouping of students a widespread educational practice these days, it might be well to bear in mind that there is a “down side.” The motivational effects of enforced collaboration or even encouragement to collaborate require more thorough investigation.

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Appendix 1

Items comprising the Mastery goal scale: The lecturer wants us to enjoy learning about educational psychology/ The lecturer gives us interesting work to do/ The lecturer makes sure we understand our work/ The lecturer wants us to learn how to solve problems on our own/ The lecturer pays attention to whether I'm improving in my work/ The lecturer encourages trying even though we make mistakes/ Students are given a chance to correct their mistakes/ The lecturer stresses that hard work is the key to success in this course/ We work hard because the lecturer wants us to know more about child psychology/ The lecturer wants us to try new and difficult tasks.

Items comprising the Performance goal scale: Students compete against each other to get high marks/ Students feel bad when they do not do as well as others/ Doing better than others is important to me/ Only a few students can get top marks/ Students don't care about the marks others students get (reversed)/ Students compete to see who can do the best work/ Students feel embarrassed to make mistakes in class/ Students want to know how others score on assignments and tasks.