

What are Your Learning Goals?

This has a lot to do with your approach to learning, specifically what type of Learning Goals you set for Yourself as You engage in studying for an Exam for example. Research has in general uncovered Two Types of Learning Goals:

Learning or Mastery goals:

- Main and fundamental goal is increasing one's mastery.
- Failure is only a feedback device on how you should correct your shortcomings and to improve yourself for "the next round".

2] Performance goals: This type of Goal is almost entirely focused on the Grades that I get versus what I have actually Learned and how this increases my knowledge for the Long-Term:

- In general, these types of students are more focused on approval by others, rather than focusing on self-improvements