

# Mastery Goals vs. Performance Goals

	<b>Performance</b>	<b>Mastery</b>
<b>Goal or purpose</b>	To look smart To avoid looking dumb To outperform peers	To increase competence To learn, understand, master
<b>Types of tasks students choose</b>	Tasks that are easy for the student but difficult for others	Tasks that are challenging and promote learning
<b>Student response when encountering challenging work or failure</b>	Helpless response Self-denigration Lowered problem-solving ability	Mastery-oriented response Persistence in trying various problem-solving strategies
<b>Impact of “You’re smart” message</b>	Increase persistence	Remain mastery-oriented
<b>Impact of “You won’t do well” message</b>	Helpless response	Remain mastery-oriented
<b>Effort expended</b>	Low	High
<b>Example of how teacher statements can encourage goal type</b>	This activity will evaluate how well you can do [some task].	This activity will help you learn some important things that you will need to know for your profession.

**You can have a huge impact on student motivation just by framing your goals as mastery goals for students.**