



## The Wisest Learners Assessment Tool™ (2-3)

# STUDENT SELF-EVALUATION REPORT

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*Understanding Your Learning Journey :  
Insights and Strategies for Academic Success*

Prepared for : **[Name]**

Date : **18/8/2024**

Report Prepared by : **[Name]**

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# INTRODUCTION

The Wisest Learners Assessment Tool (WLAT) is a questionnaire designed to help students in grades 2 to 3 understand their learning motivations and preferred study strategies. It is based on research conducted by Carl Pintrich in 1991.

This section has questions about how you study, learn new things, and feel about schoolwork. Read each statement carefully and choose the number from 1 to 5 that best shows how much you agree.

The numbers mean:

1 (Strongly Disagree): You completely disagree with the statement. It's entirely off the mark.

2 (Disagree): You don't always agree with the statement. It doesn't usually fit you.

3 (Neutral): You can't decide whether you agree or disagree. You're stuck in the middle!

4 (Agree): You mostly agree with the statement. It describes you well.

5 (Strongly Agree): You agree with the statement. It's completely true for you!

Please read each statement carefully and pick the number that best reflects your agreement. No right or wrong answers exist, so please answer honestly and based on your experience.

# DEFINITIONS



## Affective Component: Test Anxiety

Test anxiety is feeling worried or nervous before or during a test. It's when your mind gets filled with thoughts like "What if I fail?" or "I didn't study enough!" Your body might feel shaky, your heart might beat faster, or your stomach might feel funny. These anxious thoughts and feelings can make it harder to remember what you've learned and do your best on the test. But feeling a little bit nervous before a test is normal and okay. The key is learning ways to calm those anxious thoughts and feelings so they don't get too big and make the test hard. With some practice, you can improve your management of test anxiety. That way, when it's time for a test, you can feel more confident, relaxed, and able to show what you know.



## Cognitive and Metacognitive Component: Critical thinking

Critical thinking means thinking hard about things. It's like figuring out a challenging puzzle. It has two important parts: 1. Looking very closely at information to understand it well. This helps you get the right answers to hard questions. 2. Thinking in new and different ways instead of just believing what everyone says. This helps you make smart choices. Critical thinking is important for learning in school. It's not just about getting answers right but also about understanding why. It helps you solve tricky problems and see things from other points of view. Anyone can improve their critical thinking by staying curious, practicing a lot, and keeping an open mind. The more you practice, the better you'll get at this helpful skill!



## Cognitive and Metacognitive Component: Elaboration

Elaboration means adding more details and examples to help explain something better. When you elaborate, you connect an idea to things you already know. Adding those extra details and making connections helps you better understand the new idea. Elaboration is an important skill for learning. The more you can elaborate on new information by linking it to what you already know, the easier it will be to understand and remember that new information.



## Cognitive and Metacognitive Component: Metacognitive thinking

Metacognitive thinking is like having a map and compass for learning. It's not just about learning facts; it's about understanding how you learn best. Metacognitive thinking helps you plan, check progress, and change your approach if needed. It helps you know when you're stuck, celebrate when you're doing well, and keep moving forward.



### Cognitive and Metacognitive Component: Organization

Organization means putting things in order so they make sense. It's like putting puzzle pieces in the right places to see the full picture. When you organize your learning materials and ideas, it helps you understand and remember better. The organization has different tools, like mind maps with bubbles and lines, to show how ideas connect. You can also use flashcards, outlines that list the main ideas and details, or charts and diagrams that use pictures. Organizing helps you in a few ways: 1. It lets you sort ideas into groups so you can see how they fit together, making connections between concepts clearer. 2. Using visuals like charts and diagrams breaks down complex topics into smaller, easier-to-understand parts with pictures and shapes. 3. It lets you plan your study time better by focusing on the most important things first. Keeping your learning materials neat and orderly is helpful, whether studying for school or learning independently. It makes understanding ideas easier and can even make learning fun! How do you organize your schoolwork, notes, and study materials?



### Cognitive and Metacognitive Component: Rehearsal

The rehearsal learning strategy is a way to practice something over and over again so you can remember it better. There are two main types: 1. Rote Rehearsal: This means just repeating the information again and again. It can help you remember things quickly but might not help you understand them deeply. 2. Elaborative Rehearsal: This is a more complicated way of practicing. You connect the new information to things you already know, which helps you remember it for a longer time and understand it better. Rehearsal helps move information from what you just learned to what you know for a long time. The more you practice something, the better you'll remember it later. It's like exercising your brain to make it stronger at remembering.



### Expectancy Component: Self-efficacy

Believing in yourself means feeling confident about doing things well. It's like having the power to drive a car, pushing you forward with courage, determination, and strength. Believing in yourself is knowing deep down that you can do things and do them well. Kids who believe in themselves are likelier to enjoy learning, try hard, and keep going even when things get challenging. But it's important to know that believing in yourself can grow stronger or weaker. Good experiences, support from others, and getting better at certain things can strengthen it. But it can weaken if you keep having a hard time or don't feel supported.



### Resource management: Effort management

Effort management in school means deciding how to use your energy, time, and resources to reach your learning goals. It means picking what to study, when to study, and how much effort to put in. It means working hard but also working smart. It means staying focused, avoiding getting too tired, and knowing when to take breaks. And it's also about being able to change your plans if things don't go as expected. Why is it important? 1. Getting More Done: By managing your effort well, you can finish more tasks in less time. 2. Learning Better: When you put effort into your studies in a smart way, you understand things better and remember them longer. 3. Staying Motivated: Seeing the results of your hard work can make you feel more excited and interested in learning. Below, you'll find personalized insights and recommendations based on your performance in the Effort Management assessment. These insights help you understand, enhance, and apply this vital skill in your learning journey and daily life.



### Resource management: Help-seeking

Help-seeking is important for learning and growing. It's not about giving up or being weak; it's about knowing when to ask for help so you can improve. Here's what help-seeking means: 1. Figuring out when you need help because something is too hard. 2. Asking for help from friends, family, teachers, or others who know much. 3. Watching how others ask for help and trying it out yourself. 4. Making it okay to ask for help and work together to get things done. You might ask for help by getting a recipe from your mom or asking a teacher about a big decision. Asking for help is something you can learn and improve at, making school and life more interesting. Whether at school, work, or with friends, asking for help helps you learn and grow. It's like a bridge that connects what you know with what others know so you can do more together. Below, you'll find personalized insights and recommendations based on your performance in the Help-Seeking Behavior assessment. These insights are designed to help you understand, develop, and apply this essential skill in various aspects of your life.



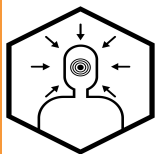
### Resource Management: Peer-collaboration

Peer collaboration and learning occur when friends work together to learn new things. It involves sharing what you know and helping each other grow and improve. When you work with your friends on something, you talk about ideas, give each other advice, and understand things together. This helps you improve at school and makes you better at talking to people and being part of a group.



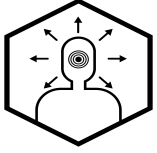
### Resource management: Time and space management

Time and space management is important for making learning efficient. These skills help you do better in school and grow as a person. Managing Time: Time management means figuring out how to use your time wisely to get things done. It's like making a plan for your day so you can do everything you want to do. Whether doing homework, studying for tests, or playing with friends, managing your time helps you do it without feeling stressed. Managing Space: Managing your space is just as important. It means setting up your study area so it's perfect for learning, finding a quiet spot, gathering your books, and ensuring you're comfortable. Space management is also about getting ready for lessons before they even start. When you prepare ahead of time, you're ready to dive deep into what you're learning and think hard about it.



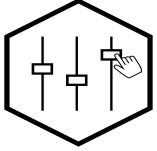
### Value component: Extrinsic motivation

Extrinsic motivation means you're encouraged to do something by outside rewards or reasons. It's different from wanting to do something just because you like it. Extrinsic motivation can be good, but it also has some not-so-good parts. Sometimes, people use extrinsic motivation to reach specific goals. For example, they might want to do well in school to get good grades or rewards or to avoid failing. Extrinsic motivation can help motivate people to do certain things, but we must be careful how we use it. Relying too heavily on external rewards can be bad for learning in the long run. Research shows that sometimes, it doesn't help or can even make learning worse than when you're motivated from within.



### Value component: Intrinsic motivation

Intrinsic motivation means wanting to learn because it's exciting and fun, not just for rewards or prizes. It's when you feel excited about discovering new things, enjoying what you're learning, and feeling proud when you get better at something. Studies show that when you're motivated from within, you do better in school and feel happier about your achievements. On the other hand, when you're only motivated by rewards from outside, like getting a prize, it might not always help you learn well, and sometimes it can even worsen things.



### Expectancy component: Control of learning beliefs

Understanding how much control you have over your learning is important! Your effort and strategies make a big difference in how well you do in school. Here's why it's so crucial: 1. Feeling Motivated: Knowing you can influence how well you do in school makes you want to learn more. You'll be more excited about studying because your hard work pays off! 2. Figuring Out Good Strategies: If you believe you can control your learning, you're more likely to devise good study strategies. You'll look for helpful resources, manage your study time wisely, and use techniques that help you understand things better. 3. Feeling Confident: Believing in your ability to control your learning boosts your confidence. You'll be more likely to keep trying, even when things get tough, and you'll be better at dealing with challenges. 4. Doing Better in School: People who think they have control over their learning tend to do better in school. They work hard, use smart strategies, and understand things more deeply.

# LEARNING STRATEGIES

## Affective Component: Test Anxiety

Test anxiety is feeling worried or nervous before or during a test. It's when your mind gets filled with thoughts like "What if I fail?" or "I didn't study enough!" Your body might feel shaky, your heart might beat faster, or your stomach might feel funny. These anxious thoughts and feelings can make it harder to remember what you've learned and do your best on the test. But feeling a little bit nervous before a test is normal and okay. The key is learning ways to calm those anxious thoughts and feelings so they don't get too big and make the test hard. With some practice, you can improve your management of test anxiety. That way, when it's time for a test, you can feel more confident, relaxed, and able to show what you know.



### Intermediate in Affective Component: Test Anxiety

#### Here's what you can do next:

You might feel a little nervous about tests, but that's okay! You can make it better. Here's what you can do:

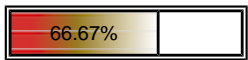


- Figure out what makes you most nervous about tests. Is it running out of time or not knowing the answers?
- Practice taking timed tests. The more you practice, the more confident you'll feel.
- Learn ways to relax, like taking deep breaths. Breathe in through your nose, out through your mouth.
- Study with friends! You can quiz each other and share what you're nervous about.
- Set small goals, like answering one more question right each time. Small wins build confidence!

Feeling nervous is normal, but you've got this! If you understand what makes you anxious and try these tips, tests will feel easier. Just take it one step at a time - you're doing great!

## Cognitive and Metacognitive Component: Critical thinking

Critical thinking means thinking hard about things. It's like figuring out a challenging puzzle. It has two important parts: 1. Looking very closely at information to understand it well. This helps you get the right answers to hard questions. 2. Thinking in new and different ways instead of just believing what everyone says. This helps you make smart choices. Critical thinking is important for learning in school. It's not just about getting answers right but also about understanding why. It helps you solve tricky problems and see things from other points of view. Anyone can improve their critical thinking by staying curious, practicing a lot, and keeping an open mind. The more you practice, the better you'll get at this helpful skill!



### Intermediate in Cognitive and Metacognitive Component: Critical thinking

#### Here's what you can do next:

You're not bad at thinking deeply, but you can get even better with some work. You're on the right path and can improve with practice.

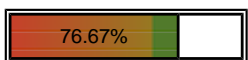
Here's what you should do next:

- Figure out which parts of deep thinking you could get better at. Knowing this helps.
- Practice a lot by doing puzzles or talking about different ideas. This makes you better.
- Ask others and chat about what you're learning. Their ideas can help your thinking.
- Set goals to get a little better each day. Take on harder things as you improve.

Getting great at deep thinking takes time and work. But knowing where you're at now is the first step. These tips can help you get even better, which is awesome for school and making good choices!

## Cognitive and Metacognitive Component: Elaboration

Elaboration means adding more details and examples to help explain something better. When you elaborate, you connect an idea to things you already know. Adding those extra details and making connections helps you better understand the new idea. Elaboration is an important skill for learning. The more you can elaborate on new information by linking it to what you already know, the easier it will be to understand and remember that new information.



### Strong in Cognitive and Metacognitive Component: Elaboration

#### Here's what you can do next:

You're doing great at connecting ideas! Keep learning and having fun with it. Here's what you can do next:

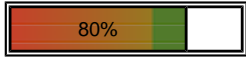
1. Help your friends by sharing your ideas with them.
2. Try new and harder things to learn even more.

You're good at understanding and linking ideas, which helps you learn better and think deeply. Keep using these tips to grow your skills and make learning more exciting!



## Cognitive and Metacognitive Component: Metacognitive thinking

Metacognitive thinking is like having a map and compass for learning. It's not just about learning facts; it's about understanding how you learn best. Metacognitive thinking helps you plan, check progress, and change your approach if needed. It helps you know when you're stuck, celebrate when you're doing well, and keep moving forward.



### Strong in Cognitive and Metacognitive Component: Metacognitive thinking

#### Here's what you can do next:

You are good at thinking about how you learn best! Here are some ideas for what you can do next:

1. Since you're so good at learning, try tackling some harder topics. You can use your learning skills to understand tricky new things.
2. Keep practicing and thinking about how you learn best. And keep learning new and interesting things! The more you learn, the smarter you'll get.

You have a really helpful skill for thinking about your own thinking and learning. It's an important skill that will help you in school and in life. Keep working on this skill, and you'll go far!

## Cognitive and Metacognitive Component: Organization

Organization means putting things in order so they make sense. It's like putting puzzle pieces in the right places to see the full picture. When you organize your learning materials and ideas, it helps you understand and remember better. The organization has different tools, like mind maps with bubbles and lines, to show how ideas connect. You can also use flashcards, outlines that list the main ideas and details, or charts and diagrams that use pictures.

Organizing helps you in a few ways: 1. It lets you sort ideas into groups so you can see how they fit together, making connections between concepts clearer. 2. Using visuals like charts and diagrams breaks down complex topics into smaller, easier-to-understand parts with pictures and shapes. 3. It lets you plan your study time better by focusing on the most important things first. Keeping your learning materials neat and orderly is helpful, whether studying for school or learning independently. It makes understanding ideas easier and can even make learning fun! How do you organize your schoolwork, notes, and study materials?



### Strong in Cognitive and Metacognitive Component: Organization

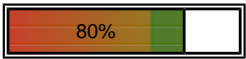
#### Here's what you can do next:

Great job on your organizational skills! Your test scores show you are good at keeping your learning materials and ideas organized clearly and logically.

Since you're already so skilled at organization, here are some ideas to make your skills even stronger:

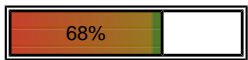
1. Explore new organization methods, such as mind maps, charts, or color coding. Trying new techniques can make organizing fun and interesting.
2. Challenge yourself by using your skills to organize harder subjects or bigger projects that may be more complex.

Keeping things structured and in order makes it much easier to understand, remember, and use what you are learning. The key now is to keep practicing and improving. Look for new ways to take your great skills to the next level.



## Cognitive and Metacognitive Component: Rehearsal

The rehearsal learning strategy is a way to practice something over and over again so you can remember it better. There are two main types: 1. Rote Rehearsal: This means just repeating the information again and again. It can help you remember things quickly but might not help you understand them deeply. 2. Elaborative Rehearsal: This is a more complicated way of practicing. You connect the new information to things you already know, which helps you remember it for a longer time and understand it better. Rehearsal helps move information from what you just learned to what you know for a long time. The more you practice something, the better you'll remember it later. It's like exercising your brain to make it stronger at remembering.



### Strong in Cognitive and Metacognitive Component: Rehearsal

#### Here's what you can do next:

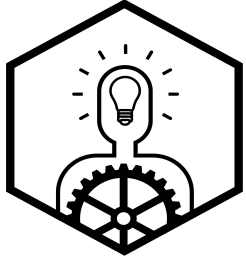
Your high score in rehearsal shows how dedicated and adaptable you are. The skills you've learned will help you do even better in school. Keep up the good work!

1. Use your rehearsal skills to learn new subjects and topics.
2. Look Back and Plan: Consider your achievements and set new goals for yourself.
3. Mix It Up: Keep practicing your rehearsal skills, but also try out different learning methods and other skills.
4. Stay Creative and Interested: There's always something new to learn, so keep exploring and trying new things.

Your high score shows you are very dedicated and can adapt your skills to different situations. The practicing abilities you have learned will help you do even better in school and other parts of life. Keep up the great work!

## Expectancy Component: Self-efficacy

Believing in yourself means feeling confident about doing things well. It's like having the power to drive a car, pushing you forward with courage, determination, and strength. Believing in yourself is knowing deep down that you can do things and do them well. Kids who believe in themselves are likelier to enjoy learning, try hard, and keep going even when things get challenging. But it's important to know that believing in yourself can grow stronger or weaker. Good experiences, support from others, and getting better at certain things can strengthen it. But it can weaken if you keep having a hard time or don't feel supported.



### Intermediate in Expectancy Component: Self-efficacy

#### Here's what you can do next:

Your test results show that you're in the middle of feeling confident about your abilities. That means you feel confident sometimes and not so much at other times.

Here's how it might show up:

- Sometimes, you're up for trying tough learning, but not always.
- You keep going with some hard things but might give up on others.
- You work hard at some things but find others a bit tricky to stick with.

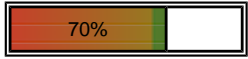
Here are some things you can do to boost your confidence even more:

1. Set some goals for yourself, starting with easy ones and moving on to harder ones as you get better.
2. Keep practicing the things you find tough. The more you practice, the easier they'll get!

With some practice and the right mindset, you'll feel super confident in no time!

## Resource management: Effort management

Effort management in school means deciding how to use your energy, time, and resources to reach your learning goals. It means picking what to study, when to study, and how much effort to put in. It means working hard but also working smart. It means staying focused, avoiding getting too tired, and knowing when to take breaks. And it's also about being able to change your plans if things don't go as expected. Why is it important? 1. Getting More Done: By managing your effort well, you can finish more tasks in less time. 2. Learning Better: When you put effort into your studies in a smart way, you understand things better and remember them longer. 3. Staying Motivated: Seeing the results of your hard work can make you feel more excited and interested in learning. Below, you'll find personalized insights and recommendations based on your performance in the Effort Management assessment. These insights help you understand, enhance, and apply this vital skill in your learning journey and daily life.



### Strong in Resource management: Effort management

#### Here's what you can do next:

You're good at managing your effort! You're great at sticking to your schoolwork and staying focused. But remember, it's important to keep growing and trying new things.

Next steps:

1. Set Big Goals: Keep challenging yourself with big goals that match how well you're doing.
2. Try New Ways to Study: Explore different methods, like using new tools or working with friends.
3. Help Others: Share what you know with others, and maybe even take on a leadership role in class.

Effort management can always be improved. You're already doing great, and you can achieve so much more. Keep aiming high, and enjoy all the cool things you'll learn!

## Resource management: Help-seeking

Help-seeking is important for learning and growing. It's not about giving up or being weak; it's about knowing when to ask for help so you can improve. Here's what help-seeking means: 1. Figuring out when you need help because something is too hard. 2. Asking for help from friends, family, teachers, or others who know much. 3. Watching how others ask for help and trying it out yourself. 4. Making it okay to ask for help and work together to get things done. You might ask for help by getting a recipe from your mom or asking a teacher about a big decision. Asking for help is something you can learn and improve at, making school and life more interesting. Whether at school, work, or with friends, asking for help helps you learn and grow. It's like a bridge that connects what you know with what others know so you can do more together. Below, you'll find personalized insights and recommendations based on your performance in the Help-Seeking Behavior assessment. These insights are designed to help you understand, develop, and apply this essential skill in various aspects of your life.



### Intermediate in Resource management: Help-seeking

#### Here's what you can do next:

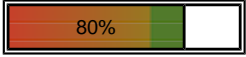
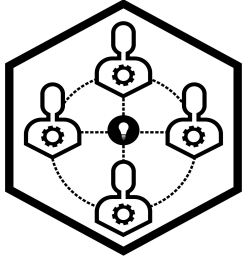
You've already started to see how helpful it can be to ask for help and work with others. But there's still room to get even better at it. Think of it like building a bridge – you've laid down some good foundations, but you can make your connections even stronger with more work.

1. **Check Your Bridge's Strength:** Consider where you're comfortable asking for help and where you might need more practice. This will help you focus your efforts.
2. **Learn from Experts:** Watch how people you know ask for help successfully. You can pick up some great tips and tricks from them.
3. **Create a Helping Culture:** Encourage your friends and family to be open and supportive. This will make asking for help much easier and more fun.

Asking for help is like a superpower that helps you work better with others and solve problems. Your results show you're on the right track, and with a bit more effort, you can build even stronger connections to help you succeed.

## Resource Management: Peer-collaboration

Peer collaboration and learning occur when friends work together to learn new things. It involves sharing what you know and helping each other grow and improve. When you work with your friends on something, you talk about ideas, give each other advice, and understand things together. This helps you improve at school and makes you better at talking to people and being part of a group.



### Strong in Resource Management: Peer-collaboration

#### Here's what you can do next:

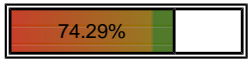
You're doing great at learning with your friends! You share ideas, help each other, and make everyone feel good. Keep it up because you're inspiring others!

1. Keep being a good friend and helping others learn. You're a leader!
2. Try new things with your friends to learn even more. You can do big projects or help your community.
3. Teach other kids how to learn with friends. Your advice can help them do better.

Being good at learning with friends is a big deal! It helps you be creative, kind, and successful. Keep it up, and you'll do great in school and in life!

## Resource management: Time and space management

Time and space management is important for making learning efficient. These skills help you do better in school and grow as a person. **Managing Time:** Time management means figuring out how to use your time wisely to get things done. It's like making a plan for your day so you can do everything you want to do. Whether doing homework, studying for tests, or playing with friends, managing your time helps you do it without feeling stressed. **Managing Space:** Managing your space is just as important. It means setting up your study area so it's perfect for learning, finding a quiet spot, gathering your books, and ensuring you're comfortable. Space management is also about getting ready for lessons before they even start. When you prepare ahead of time, you're ready to dive deep into what you're learning and think hard about it.



### Strong in Resource management: Time and space management

#### Here's what you can do next:

Great job on being good at managing time and space! Being able to sort out your schedule and have a good area for learning shows you're excellent at these important skills. You probably have routines that help you finish things on time, handle different tasks, and focus well.

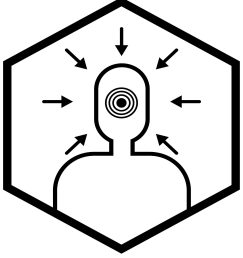
1. **Keep Up the Good Work:** Stick to what you're doing to manage time and space. Check how you're doing now and then, and make small changes if necessary.
2. **Help Others:** Think about sharing what you know with friends who might find it difficult. By helping them out, you can make a big difference.
3. **Try New Things:** Look for chances to use your time and space skills in new ways, like leading projects or helping out in your community.

Being great at managing time and space isn't just about school; it's a skill that helps in many parts of life. Your ability to plan, decide what's important, and make good learning places shows you're dedicated and smart. Keep it up!



## Value component: Extrinsic motivation

Extrinsic motivation means you're encouraged to do something by outside rewards or reasons. It's different from wanting to do something just because you like it. Extrinsic motivation can be good, but it also has some not-so-good parts. Sometimes, people use extrinsic motivation to reach specific goals. For example, they might want to do well in school to get good grades or rewards or to avoid failing. Extrinsic motivation can help motivate people to do certain things, but we must be careful how we use it. Relying too heavily on external rewards can be bad for learning in the long run. Research shows that sometimes, it doesn't help or can even make learning worse than when you're motivated from within.



### Intermediate in Value component: Extrinsic motivation

#### Here's what you can do next:

Your report says you sometimes like to learn because it's fun, but you might want prizes or good grades at other times. That's okay, it's good to have a mix! But it also means there's room to balance things better.

1. Consider what makes you want to learn, whether because you find it exciting or like a prize.
2. Try to enjoy learning for the sake of it, not just for the prizes or grades.
3. Getting prizes is okay; ensure you still like what you're learning.
4. Sometimes, think about if you're learning because it's fun or just because you want a prize.

Extrinsic motivation is not inherently negative; it's about how and when you use it. Your intermediate performance indicates a potential for a well-rounded approach to motivation. By continuing to explore, understand, and balance these factors, you can create a more fulfilling and effective learning journey.

## Value component: Intrinsic motivation

Intrinsic motivation means wanting to learn because it's exciting and fun, not just for rewards or prizes. It's when you feel excited about discovering new things, enjoying what you're learning, and feeling proud when you get better at something. Studies show that when you're motivated from within, you do better in school and feel happier about your achievements. On the other hand, when you're only motivated by rewards from outside, like getting a prize, it might not always help you learn well, and sometimes it can even worsen things.

### Intermediate in Value component: Intrinsic motivation

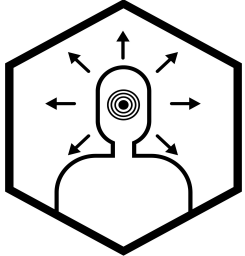
#### Here's what you can do next:

Having an intermediate level of intrinsic motivation means you're not only motivated by external rewards or pressure. You probably also care about growing and feeling good about what you learn, but grades or praise might still affect your motivation.

1. Find What Excites You: Spend time exploring exciting subjects and activities. When you enjoy learning, you feel more motivated.
2. Make Goals Just for You: Set learning goals matching your interests and values.
3. Think About What You Enjoy: Determine what parts of learning you like and try to do more.

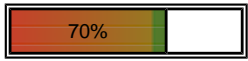
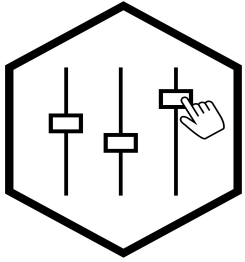
Remember, intrinsic motivation isn't just about reaching a goal — it's also about feeling curious and excited about what you're learning. Your intermediate performance shows that you're on the right track, and with some effort, you can keep feeling more motivated inside.

By connecting your learning to what you love and finding ways to enjoy it more, you'll do better in school and have more fun learning new things.



## Expectancy component: Control of learning beliefs

Understanding how much control you have over your learning is important! Your effort and strategies make a big difference in how well you do in school. Here's why it's so crucial: 1. Feeling Motivated: Knowing you can influence how well you do in school makes you want to learn more. You'll be more excited about studying because your hard work pays off! 2. Figuring Out Good Strategies: If you believe you can control your learning, you're more likely to devise good study strategies. You'll look for helpful resources, manage your study time wisely, and use techniques that help you understand things better. 3. Feeling Confident: Believing in your ability to control your learning boosts your confidence. You'll be more likely to keep trying, even when things get tough, and you'll be better at dealing with challenges. 4. Doing Better in School: People who think they have control over their learning tend to do better in school. They work hard, use smart strategies, and understand things more deeply.



### Strong in Expectancy component: Control of learning beliefs

#### Here's what you can do next:

It's really important to know you can control how well you learn. It means believing you can improve your learning by trying hard and using good learning methods. Your score shows you're doing great in this! It means you understand this idea well and use it to improve your learning.

1. Keep thinking about how you learn. Consider how you learn and what you can do better. Ask your friends or teachers what they think, too.
2. Make big goals: Set difficult but still possible goals. As you learn more, keep changing them to make them even better.

Your score shows you're doing great at controlling your learning beliefs. Keep using these tips to keep getting better. Remember, you're doing an awesome job, and these tips help you keep doing great in school.

# SUMMARY

