

# PERSONAL MASTERY GOAL SCALE

## CHAPTER 7: GOAL ORIENTATION

Here are some questions about you as a student in this class. Please circle the number that best describes what you think about this class.

1. It's important to me that I learn a lot of new concepts in science class this year.

1	2	3	4	5
Not at all true	Somewhat untrue	Neither true or untrue	Somewhat true	Very true

2. One of my goals is to learn as much science as I can.

1	2	3	4	5
Not at all true	Somewhat untrue	Neither true or untrue	Somewhat true	Very true

3. One of my goals is to master a lot of new skills in science this year.

1	2	3	4	5
Not at all true	Somewhat untrue	Neither true or untrue	Somewhat true	Very true

4. It's important to me that I thoroughly understand my science class work.

1	2	3	4	5
Not at all true	Somewhat untrue	Neither true or untrue	Somewhat true	Very true

5. It's important to me that I improve my skills in science this year.

1	2	3	4	5
Not at all true	Somewhat untrue	Neither true or untrue	Somewhat true	Very true

*Note.* These questions are adapted from the The Patterns of Adaptive Learning Survey (PALS; Midgley et al., 1997). Please refer to the link to the PALS Manual under the additional information tab if you would like access to the full questionnaire.

<http://www.niu.edu/eteams>

A companion website for *Enhancing Adolescents' Motivation for Science*, Shumow & Schmidt, 2013