

Patterns of Adaptive Learning Scale

OVERVIEW

- This scale examines the relation between the learning environment and students' motivation, affect, and behavior

SUBSCALES

- **Personal Achievement Goal Orientations**
» I like class work best when it really makes me think
- **Perception of Teacher's Goals**
» My teacher wants us to understand our work, not just memorize it
- **Perception of Classroom Goal Structures**
» In our class, learning new ideas and concepts is very important
- **Academic-related Perceptions, Beliefs, & Strategies**
» I can do almost all the work in class if I don't give up
- **Perceptions of Parents, Home Life, & Neighborhood**
» My parents want me to see how my class work relates to things outside of school

TARGET POPULATION

- Youth between 5 and 17 years of age

STEPPING UP THEME(S) & OUTCOME(S)

- **Education, Training, & Apprenticeships**
» Youth achieve academic success
» Youth have educational experiences that respond to their needs and prepare them to lead
- **Diversity, Social Inclusion & Safety**
» Youth feel safe at home, at school, online, and in their communities
- **Coordinated & Youth-Friendly Communities**
» Youth have access to safe spaces that provide quality opportunities for play and recreation

LENGTH & HOW IT IS MEASURED

- 94 items
- Response scale ranged from 1 (not at all true) to 5 (very true)
- Self-report, paper-pencil version
- A teacher-version of this scale is also available
- Available in: English

DEVELOPER

- Maehrer et al., 2000—Copyright © 2000, The University of Michigan
- Midgley, Kaplan, Middleton, Urdan, Maehr, Hicks, Anderman, & Roeser, 1998 (original)

PSYCHOMETRICS

- **Reliability**
High reliability (internal consistency $\alpha > .70$)
- **Validity**
 - Construct validity
 - Convergent validity

LEARN MORE

- Anderman, E.M., Urdan, T., and Roeser, R. (2005). The patterns of adaptive learning survey. In K.A. Moore & L. Lippman (Eds.) What do children need to flourish?: Conceptualizing and measuring indicators of positive development. New York: Springer Science and Business Media.
- Kaplan, A., & Maehr, M. L. (1999). Achievement goals and student well-being. *Contemporary Educational Psychology*, 24, 330-358.
- Find out more information by visiting the website: <http://www.umich.edu/~pals/>

Patterns of Adaptive Learning Scales (PALS)

STUDENT SURVEY

The first question is an example.

I like strawberry ice cream.

1

2

3

4

5

NOT AT ALL TRUE

SOMEWHAT TRUE

VERY TRUE

HERE ARE SOME QUESTIONS ABOUT YOURSELF AS A STUDENT IN THIS CLASS. PLEASE CIRCLE THE NUMBER THAT BEST DESCRIBES WHAT YOU THINK.

1. I'm certain I can master the skills taught in class this year.

1

2

3

4

5

NOT AT ALL TRUE

SOMEWHAT TRUE

VERY TRUE

2. I would avoid participating in class if it meant that other students would think I know a lot.

1

2

3

4

5

NOT AT ALL TRUE

SOMEWHAT TRUE

VERY TRUE

58. It's important to me that I don't look stupid in class.

1

2

3

4

5

NOT AT ALL TRUE

SOMEWHAT TRUE

VERY TRUE

4. Even if I do well in school, it will not help me have the kind of life I want when I grow up.

1

2

3

4

5

NOT AT ALL TRUE

SOMEWHAT TRUE

VERY TRUE

5. If other students found out I did well on a test, I would tell them it was just luck even if that wasn't the case.

1

2

3

4

5

NOT AT ALL TRUE

SOMEWHAT TRUE

VERY TRUE

Patterns of Adaptive Learning Scales (PALS)

6. When I've figured out how to do a problem, my teacher gives me more challenging problems to think about.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

7. I would prefer to do class work that is familiar to me, rather than work I would have to learn how to do.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

8. It's important to me that other students in my class think I am good at my class work.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

9. It's important to me that I learn a lot of new concepts this year.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

10. My teacher presses me to do thoughtful work.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

11. I'm certain I can figure out how to do the most difficult class work.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

12. Some students fool around the night before a test. Then if they don't do well, they can say that is the reason. How true is this of you?

1 **2** **3** **4** **5**

Patterns of Adaptive Learning Scales (PALS)

NOT AT ALL TRUE

SOMEWHAT TRUE

VERY TRUE

Patterns of Adaptive Learning Scales (PALS)

13. My chances of succeeding later in life don't depend on doing well in school.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

58. I sometimes annoy my teacher during class.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

15. My teacher asks me to explain how I get my answers.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

16. Some students purposely get involved in lots of activities. Then if they don't do well on their class work, they can say it is because they were involved with other things. How true is this of you?

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

17. When I'm working out a problem, my teacher tells me to keep thinking until I really understand.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

18. Some students look for reasons to keep them from studying (not feeling well, having to help their parents, taking care of a brother or sister, etc.). Then if they don't do well on their class work, they can say this is the reason. How true is this of you?

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

19. My teacher doesn't let me do just easy work, but makes me think.

1 **2** **3** **4** **5**

Patterns of Adaptive Learning Scales (PALS)

NOT AT ALL TRUE

SOMEWHAT TRUE

VERY TRUE

20. I don't like to learn a lot of new concepts in class.

1
NOT AT ALL TRUE

2
3
SOMEWHAT TRUE

4
5
VERY TRUE

21. I wouldn't volunteer to answer a question in class if I thought other students would think I was smart.

1
NOT AT ALL TRUE

2
3
SOMEWHAT TRUE

4
5
VERY TRUE

22. I sometimes copy answers from other students during tests.

1
NOT AT ALL TRUE

2
3
SOMEWHAT TRUE

4
5
VERY TRUE

23. I prefer to do work as I have always done it, rather than trying something new.

1
NOT AT ALL TRUE

2
3
SOMEWHAT TRUE

4
5
VERY TRUE

24. If I did well on a school assignment, I wouldn't want other students to see my grade.

1
NOT AT ALL TRUE

2
3
SOMEWHAT TRUE

4
5
VERY TRUE

25. One of my goals in class is to learn as much as I can.

1
NOT AT ALL TRUE

2
3
SOMEWHAT TRUE

4
5
VERY TRUE

26. One of my goals is to show others that I'm good at my class work.

1
NOT AT ALL TRUE

2
3
SOMEWHAT TRUE

4
5
VERY TRUE

Patterns of Adaptive Learning Scales (PALS)

27. It's very important to me that I don't look smarter than others in class.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

28. Doing well in school doesn't improve my chances of having a good life when I grow up.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

29. One of my goals is to master a lot of new skills this year.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

30. I sometimes get into trouble with my teacher during class.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

31. I sometimes cheat on my class work.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

32. Getting good grades in school won't guarantee that I will get a good job when I grow up.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

33. One of my goals is to keep others from thinking I'm not smart in class.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

34. I sometimes behave in a way during class that annoys my teacher.

Patterns of Adaptive Learning Scales (PALS)

1
NOT AT ALL TRUE

2

3
SOMEWHAT TRUE

4

5
VERY TRUE

Patterns of Adaptive Learning Scales (PALS)

35. I like academic concepts that are familiar to me, rather than those I haven't thought about before.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

36. Even if I am successful in school, it won't help me fulfill my dreams.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

37. If I were good at my class work, I would try to do my work in a way that didn't show it.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

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

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

39. I sometimes copy answers from other students when I do my class work.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

40. I would choose class work I knew I could do, rather than work I haven't done before.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

41. One of my goals is to show others that class work is easy for me.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

Patterns of Adaptive Learning Scales (PALS)

42. Some students let their friends keep them from paying attention in class or from doing their homework. Then if they don't do well, they can say their friends kept them from working. How true is this of you?

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

43. Doing well in school won't help me have a satisfying career when I grow up.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

44. Some students purposely don't try hard in class. Then if they don't do well, they can say it is because they didn't try. How true is this of you?

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

45. One of my goals is to look smart in comparison to the other students in my class.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

46. One of my goals in class is to avoid looking smarter than other kids.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

47. Some students put off doing their class work until the last minute. Then if they don't do well on their work, they can say that is the reason. How true is this of you?

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

48. It's important to me that I look smart compared to others in my class.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

Patterns of Adaptive Learning Scales (PALS)

Patterns of Adaptive Learning Scales (PALS)

49. It's important to me that I improve my skills this year.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

50. I sometimes don't follow my teacher's directions during class.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

51. It's important to me that my teacher doesn't think that I know less than others in class.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

52. I can do almost all the work in class if I don't give up.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

53. My teacher makes sure that the work I do really makes me think.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

54. I sometimes disturb the lesson that is going on in class.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

55. One of my goals in class is to avoid looking like I have trouble doing the work.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

56. Even if the work is hard, I can learn it.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

Patterns of Adaptive Learning Scales (PALS)

57. My teacher accepts nothing less than my full effort.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

58. I can do even the hardest work in this class if I try.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

THE FOLLOWING QUESTIONS ARE ABOUT THIS CLASS AND ABOUT THE WORK YOU DO IN CLASS. REMEMBER TO SAY HOW YOU REALLY FEEL. NO ONE AT SCHOOL OR HOME WILL SEE YOUR ANSWERS.

59. In our class, trying hard is very important.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

60. In our class, showing others that you are not bad at class work is really important.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

61. In our class, how much you improve is really important.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

62. In our class, getting good grades is the main goal.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

63. In our class, really understanding the material is the main goal.

1 2 3 4 5

Patterns of Adaptive Learning Scales (PALS)

NOT AT ALL TRUE

SOMEWHAT TRUE

VERY TRUE

Patterns of Adaptive Learning Scales (PALS)

64. In our class, getting right answers is very important.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

65. In our class, it's important that you don't make mistakes in front of everyone.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

66. In our class, it's important to understand the work, not just memorize it.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

67. In our class, it's important not to do worse than other students.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

68. In our class, learning new ideas and concepts is very important.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

69. In our class, it's very important not to look dumb.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

70. In our class, it's OK to make mistakes as long as you are learning.

| | | | | |
|-----------------|----------|---------------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| NOT AT ALL TRUE | | SOMEWHAT TRUE | | VERY TRUE |

71. In our class, it's important to get high scores on tests.

Patterns of Adaptive Learning Scales (PALS)

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

72. In our class, one of the main goals is to avoid looking like you can't do the work.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

BELOW ARE EXAMPLES OF THINGS STUDENTS SOMETIMES FEEL ABOUT THEIR HOME, SCHOOL AND CULTURE. PLEASE BE VERY HONEST AND TELL US HOW TRUE EACH OF THESE IS FOR YOU. NO ONE AT HOME OR AT SCHOOL WILL EVER SEE YOUR ANSWERS.

73. My parents don't like it when I make mistakes in my class work.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

74. In my neighborhood, I have trouble finding safe places to hang out with my friends.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

75. My parents want me to spend time thinking about concepts.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

76. I don't like to have my parents come to school because their ideas are very different from my teachers' ideas.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

77. After school, I find it difficult to find anything worthwhile to do in my neighborhood.

1 2 3 4 5
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

Patterns of Adaptive Learning Scales (PALS)

78. My parents would like it if I could show that I'm better at class work than other students in my class.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

79. On the weekends, I can find good and useful things to do in my neighborhood.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

80. My parents want my work to be challenging for me.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

81. I feel uncomfortable when my parents come to school, because they are different from the parents of many of my classmates.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

82. My parents would like me to do challenging class work, even if I make mistakes.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

83. I feel troubled because my home life and my school life are like two different worlds.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

84. After school, I can find many interesting and positive things to do in my neighborhood.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

85. I am not comfortable talking to many of my classmates because my family is very different from theirs.

Patterns of Adaptive Learning Scales (PALS)

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

86. In my neighborhood, there are places I can go to play outdoors and have fun.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

87. My parents want me to understand my class work, not just memorize how to do it.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

88. I feel upset because my teacher and my parents have different ideas about what I should learn in school.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

89. My parents want me to see how my class work relates to things outside of school.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

90. My parents would like me to show others that I am good at class work.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

91. My parents want me to understand concepts, not just do the work.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

92. My parents think getting the right answers in class is very important.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

93. In my neighborhood, there are no places I can go that are attractive and clean.

Patterns of Adaptive Learning Scales (PALS)

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE

94. My parents would be pleased if I could show that class work is easy for me.

1 **2** **3** **4** **5**
NOT AT ALL TRUE SOMEWHAT TRUE VERY TRUE