

Name: Potential-approach and potential-avoidance goal items

Reference: Elliot, A. J., Murayama, K., Kobeisy, A., & Lichtenfeld, S. (in press). Potential-based achievement goals. *British Journal of Educational Psychology*.

Scale:

The following statements are about your goals for your classes this semester. Please indicate your level of agreement or disagreement with each item by choosing a number.

1	2	3	4	5
Not at all True of Me				Extremely True of Me

[Potential-approach]

1. My goal is to do as well as I can possibly do on the exams in this class.
2. My goal is to do the best that I can do on the exams in this class.
3. My goal is to do my own personal best on the exams in this class.

[Potential-avoidance]

4. My goal is to avoid doing poorly in comparison to my absolute best on the exams in this class.
5. My goal is to avoid doing worse than I know I can do on the exams in this class.
6. My goal is to avoid doing worse than my very best on the exams in this class.