
Student Success \ Motivation

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Adopting an Adaptive versus Maladaptive approach to Tasks

	MALADAPTIVE APPROACH	ADAPTIVE APPROACH
VIEW OF “OBSTACLE”	Seen as unattainable (or very difficult) to overcome.	All learning obstacles seen as a challenge.
FIRST THOUGHTS	React with negative and distracting thoughts.	Some reaction with negative and distracting thoughts.
FIRST FEELINGS	Stress, fear, panic, helplessness, etc.	Sometimes a limited amount of stress, fear, panic, and helplessness.
FOLLOW-UP THOUGHTS	Persist with these negative and distracting thoughts.	Ability to screen out negative and distracting thoughts.
FOLLOW-UP FEELINGS	Stress, fear, panic, helplessness, and boredom.	Excitement in finding strategies that will solve the problem.
THINKING STRATEGY	Dwell on their negative feelings and lack of experience.	Focus on task demands and select strategies for solving them.
MINDSET	Task or challenge avoidance.	Task or challenge seeking.
WORKING MEMORY	Occupied with negative thoughts. No room left to retrieve strategies from long-term memory and to think of problem solving.	Free yourself from negative thoughts. Greater ability to retrieve information and strategies from long-term memory. Greater potential for creative problem solving.