Purpose Statement & Research Questions
The purpose of my study was to explore what happens to the beliefs and problem solving behaviors of students with learned helplessness in my classroom when I applied certain teaching practices. The practices I tried to examine were attribution training, goal monitoring, autonomous decision making, product improvement, and self correction strategy. I examined the success attribution, self-efficacy, goal orientation and the selfregulatory practices of my students in the attempt to answer the following questions:

- What changes are noticed, if any, in the beliefs of 8th grade students with learned helplessness towards attributions to success after attribution training, goal monitoring, autonomous decision making, product improvement, and self correction strategy are implemented in the classroom?
- What are the beliefs of my students who believe that their effort is futile?
- What relationships are found, if any, between students’ self-efficacy beliefs and the amount of effort they put forth in my mathematics classes?