Self-Ethicach for Learning and Performance Control of Learning Beliefs Extinsic coal Orientation identified regulation Intinsic notivation kternal regulation Success-rate difference **0.205 0.213 0.300** 0.102 0.135 -0.049 -0.017 0.75 (within session) Success-rate difference -0.099 <mark>0.175</mark> -0.078 <mark>0.181</mark> 0.117 0.524 0.454 0.604 0.50 (consecutive sessions) Success-rate difference -0.277 0.262 -0.149 0.217 0.000 0.452 (sessions 1 and 3) 0.25 Competence rating difference -0.118 -0.035 <mark>0.073 0.165</mark> **0.412** 0.182 **0.305 0.467** (consegutive session) 0.00 Subjective improvement 0.128 0.024 0.092 0.166 **0.317** 0.073 (within session) -0.25Subjective improvement -0.105 0.086 0.169 **0.268 0.270** 0.178 **0.272** 0.264 (consecutive sessions) Subjective improvement -0.50-0.153 0.091 -0.003 0.353 0.227 0.163 0.399 (sessions 1 and 3) Subjective improvement **0.324** 0.131 0.198 0.138 -0.044 0.155 0.202 -0.75

(prospective)

-1.00