



Flow

Ways to set an Achievable Goal to sustain learning Motivation





is a state that

FLOW



engrossed in their study to the

point of forgetting time, fatigue,

and everything else but the

study itself



Often leads to Intrinsic Learning Motivation Learning Satisfaction Performance Learning Efficacy

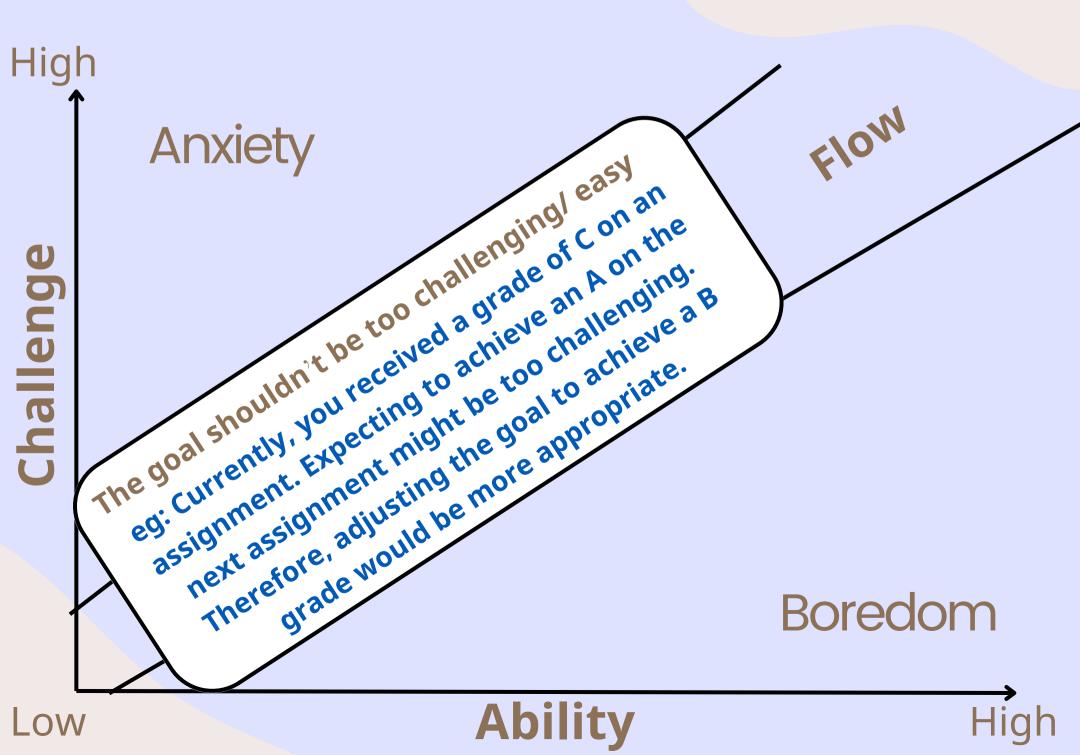
Hong, J. C., Hwang, M. Y., Tai, K. H., & Lin, P. H. (2017). Intrinsic motivation of Chinese learning in predicting online learning self-efficacy and flow experience relevant to students' learning progress. Computer assisted language learning, 30(6), 552–574.





ACHIEVABLE GOAL & FLOW

to reach the state of flow, setting an achievable goal is necessary







Contact us to set an achievable goal for the new academic year

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