To reduce discrepancies between current understandings/performance and a desired goal

The discrepancy can be reduced by

**Teachers**
- Providing appropriate challenging and specific goals
- Assisting students to reach them through effective feedback

**Students**
- Increased effort and employment of more effective strategies to complete tasks
- AND feedback to teacher

Effective feedback answers three questions

**Feed Up**
- Where am I going? (the goals)

**Feed Back**
- How am I going?

**Feed Forward**
- Where to next?

Each feedback question works at four levels

**Task Level**
- How well tasks are understood/performe

**Process Level**
- The process needed to understand/perform tasks

**Self-regulation Level**
- Self-monitoring, directing and regulating of actions

**Self Level**
- Personal evaluations and effect (usually positive) about the learner