



Meaning and Success in University Classes

Meaning in life is a critical ingredient in
human well-being



The presence of meaning in life



Life satisfaction



Joy

The search for meaning in life



Fear



Sadness



Depression







What is the relationship between perceived meaning and success in university classes

Hypothesis: Students who did worse than expected would perceive the course as less meaningful than participants who got the grade they expected.

315 UBCO students

Time 1 (first two weeks of semester)

Modified Sense of Meaning Scale (SMS)

Meaningful

Significant

Valuable

Impactful

**1. How meaningful do you think this course will be:
for your life in general?**

1.
Not at all
meaningful

☐

2

☐

3

☐

4

☐

5

☐

6

☐

7

☐

8

☐

9

☐

10.
Extremely
meaningful

☐

**2. How meaningful do you think this course will be:
in the context of your university career?**

1.
Not at all
meaningful

☐

2

☐

3

☐

4

☐

5

☐

6

☐

7

☐

8

☐

9

☐

10.
Extremely
meaningful

☐

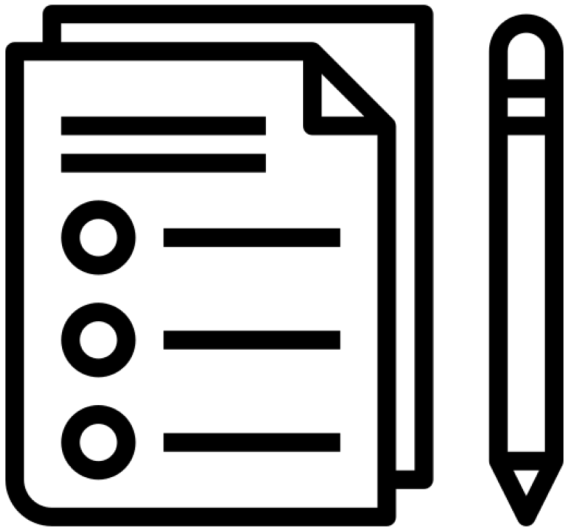
**3. How meaningful do you think this course will be:
with regard to your goals for the future?**

[illegible]

A^+

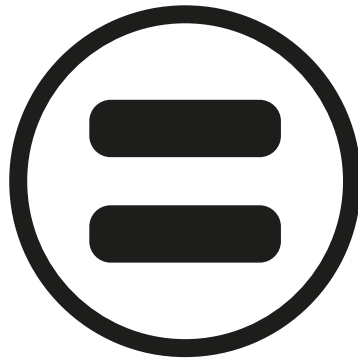
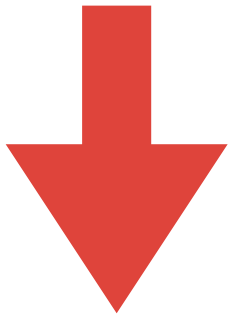
F^-

Time 2 (last two weeks of semester)

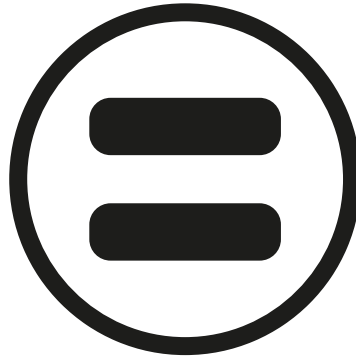
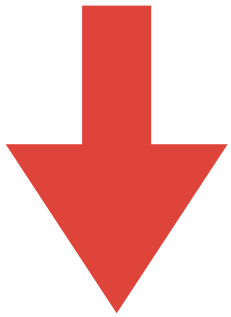


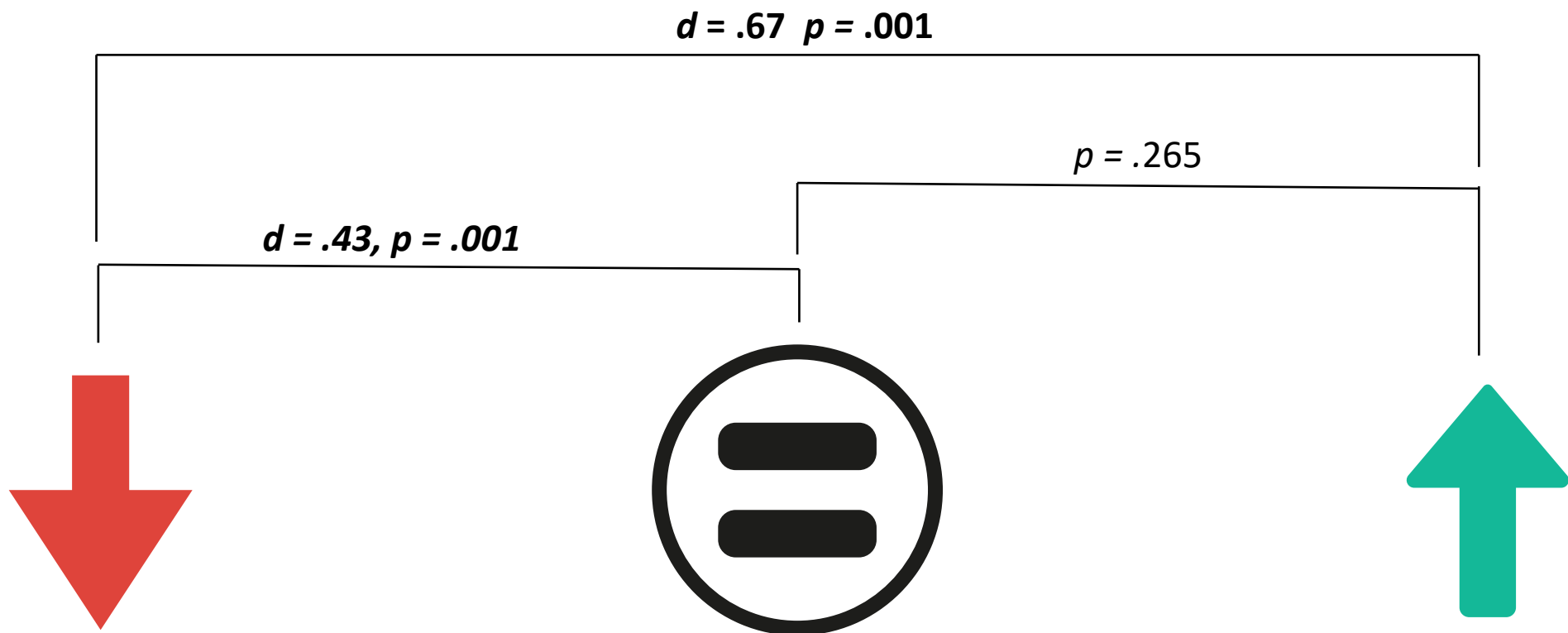
Indicate how meaningful, significant, valuable, and impactful the class was

What grade they had in the course



$F(2, 314) = 8.314, p < .001$

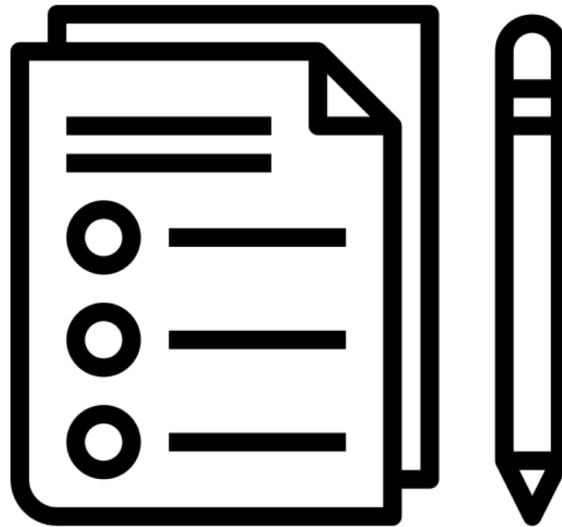


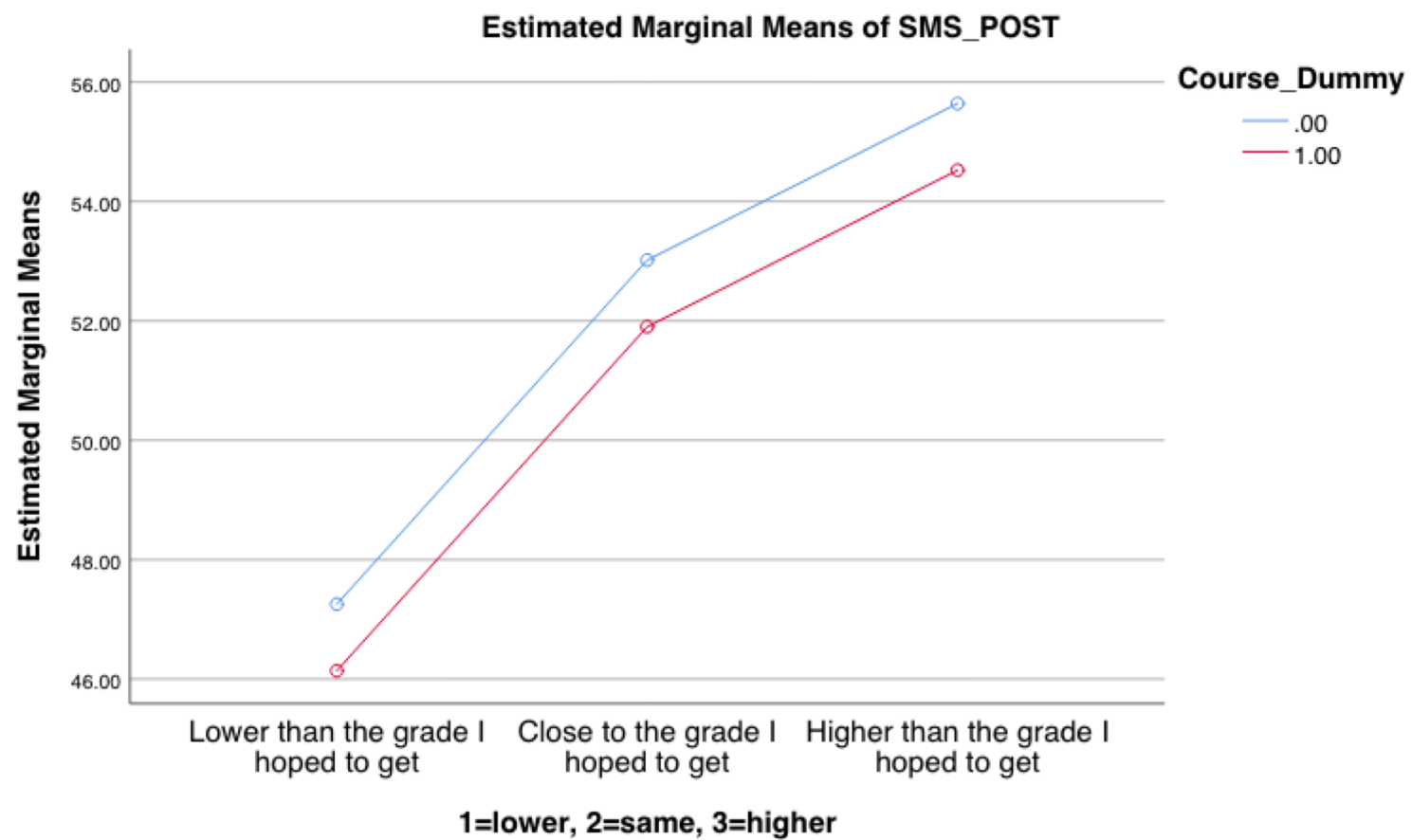






Time 1



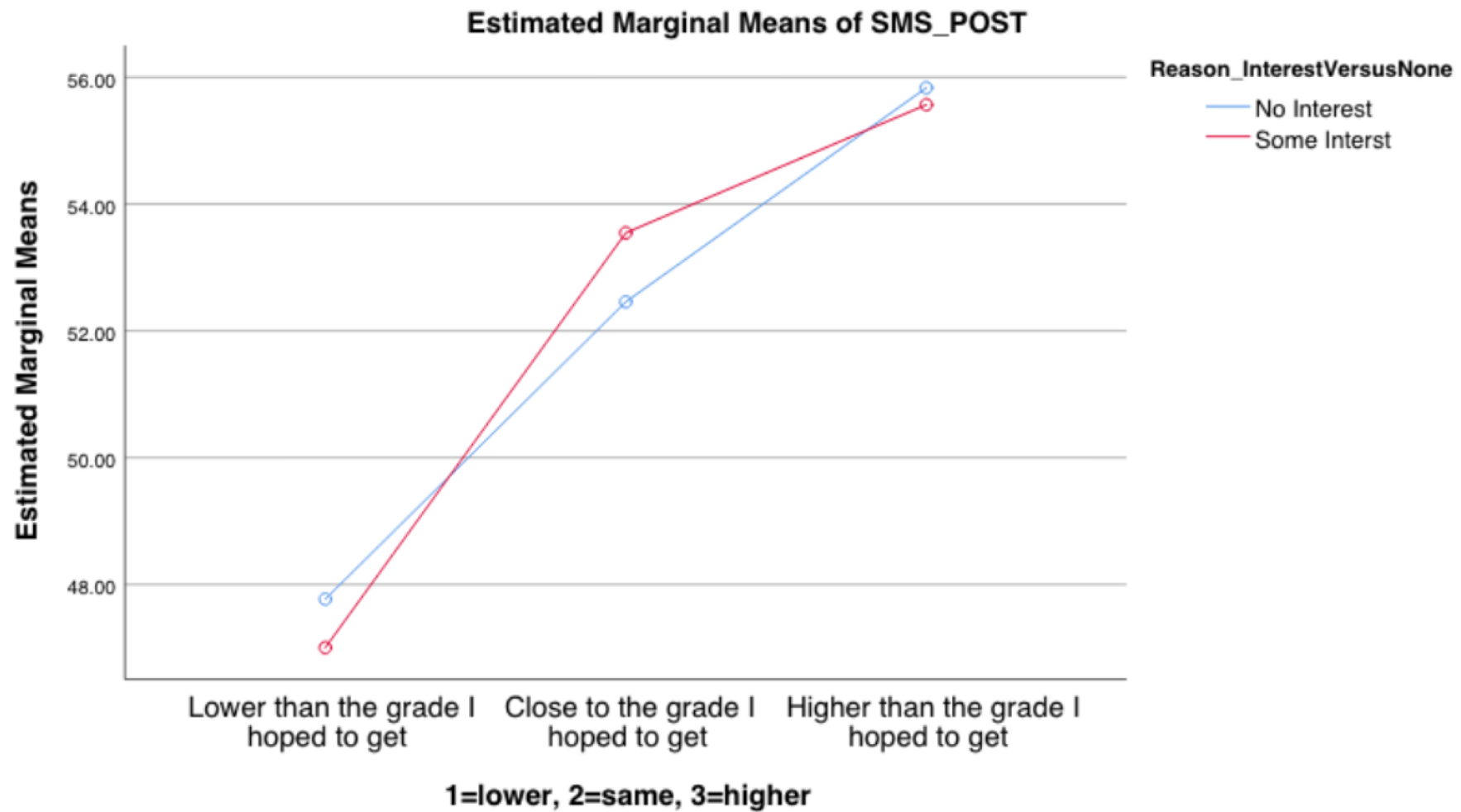


Covariates appearing in the model are evaluated at the following values: SMS = 53.9712

Conclusions and Future Directions

- Preliminary evidence suggesting that our evaluations of meaning are tied to our competency/success
- Suggest students may be putting too much weight on grades
- Future research should:
 - Investigate the direction of causation more closely
 - Investigate this effect in other activities

Thank you



Covariates appearing in the model are evaluated at the following values: SMS = 54.3792