

You took the *Introduction to Psychology* course in Spring 2021. You were required to complete 7 hours in research participation. You could get extra credit by completing up to four additional hours of research participation ($\frac{1}{4}$ percentage point would be added to your total grade for each additional hour completed.) For a scientific study, we are interested in how you fulfilled your research participation requirement. We would appreciate it if you could answer our questions on the next few pages.

To fulfill the research participation requirement, students allocated their time in different ways. They worked at different times throughout the semester. Some students did most hours early in the semester. Some students did most hours late in the semester.

How did you allocate your time throughout the semester to fulfill the research participation requirement?

Did you procrastinate to fulfill the research participation requirement?

Scale points: not at all, a little, moderately, a lot, to an extreme extent

Please indicate how much you agree with the following statement.

Scale points: 1-7 Strongly Disagree - Strongly Agree

I am satisfied with the way in which I allocated my time throughout the semester to fulfill the research participation requirement.

Please indicate how much you agree with the following statements about **the way in which you allocated your time throughout the semester to fulfill the research participation requirement**.

Scale points: 1-7 Strongly Disagree - Strongly Agree

Affective regret:

- 1) I am experiencing self-blame about the way I allocated my time.
- 2) I feel sorry about the way I allocated my time.
- 3) I feel guilty about the way I allocated my time.
- 4) I feel like kicking myself for the way I allocated my time.

Cognitive regret:

- 1) Things would have gone better if I had allocated my time in a different way.
- 2) I wish I had allocated my time in a different way.
- 3) I should have allocated my time in a different way.
- 4) I would have been better off had I allocated my time in a different way.

You mentioned earlier that you procrastinated [embedded] to fulfill the research participation requirement. Think about the reason(s) why you procrastinated [embedded] in fulfilling the research participation requirement. The items below concern your impressions or opinions of the cause(s) of procrastinating [embedded]. Circle one number for each item. Is/Are the cause(s) something:

reflects an aspect of yourself. 9 8 7 6 5 4 3 2 1 reflects an aspect of the situation
 controllable by you 9 8 7 6 5 4 3 2 1 uncontrollable by you
 permanent 9 8 7 6 5 4 3 2 1 temporary
 intended by you 9 8 7 6 5 4 3 2 1 unintended by you
 outside of you 1 2 3 4 5 6 7 8 9 inside of you
 variable over time 1 2 3 4 5 6 7 8 9 stable over time
 something about you 9 8 7 6 5 4 3 2 1 something about others
 changeable 1 2 3 4 5 6 7 8 9 unchanging
 I'm not responsible 1 2 3 4 5 6 7 8 9 I'm responsible

What is/are the cause(s) of you procrastinating [embedded] to fulfill the research participation requirement?

Please indicate how much you agree with the following statements.

Scale points: 1-7 Strongly Disagree - Strongly Agree

1. I believe that postponing one's research participation until the end of the semester increases the risk of not being able to fulfill the research participation requirement.
2. The increased risk of not being able to fulfill the research requirement due to postponing the research participation was motivating and exciting for me.
3. The increased risk of not being able to fulfill the research requirement due to postponing the research participation was stressful and anxiety-inducing for me.

Please rate the following reasons on a 5-point scale according to how much it reflects why you procrastinated [embedded] to fulfill the research participation requirement.

Scale point: not at all reflects why 1 2 somewhat reflects why 3 4 definitely reflects why 5.

1. I looked forward to the excitement of doing research participation at the last minute.
2. I liked the challenge of waiting until the deadline.

3. Factors beyond my control occupied my time.
4. I had many competing obligations on my schedule.
5. I did not sufficiently plan ahead when I should allocate my time throughout the semester to fulfill the research participation requirement.
6. I was distracted by more enjoyable activities.
7. I disliked participating in research.
8. The research participation was boring.
9. I felt it just takes too long to complete the research participation requirement.
10. I didn't have enough energy to begin the research participation.
11. I did not make enough of an effort.
12. I just felt too lazy to participate in the research.

Students could earn maximum extra credit by completing 11 hours of research participation. Please indicate how much you agree with the following statement.

Scale points: 1-7 Strongly Disagree - Strongly Agree

I am satisfied with the total number of hours of research participation that I completed.

Did you fulfill the 7-hour research participation requirement?

Yes or no.

(Display only for yes answer) Think about the reason(s) for your success in fulfilling the research participation requirement. The items below concern your impressions or opinions of the cause(s) of your success in fulfilling the research participation requirement. Is/Are the cause(s) something:

reflects an aspect of yourself. 9 8 7 6 5 4 3 2 1 reflects an aspect of the situation
 controllable by you 9 8 7 6 5 4 3 2 1 uncontrollable by you
 permanent 9 8 7 6 5 4 3 2 1 temporary
 intended by you 9 8 7 6 5 4 3 2 1 unintended by you
 outside of you 1 2 3 4 5 6 7 8 9 inside of you
 variable over time 1 2 3 4 5 6 7 8 9 stable over time
 something about you 9 8 7 6 5 4 3 2 1 something about others
 changeable 1 2 3 4 5 6 7 8 9 unchanging
 I'm not responsible 1 2 3 4 5 6 7 8 9 I'm responsible

How frustrated would you be if it turned out you did not complete your undergraduate education successfully?

5 point scale: 1 not frustrated at all 2 slightly frustrated 3 moderately frustrated 4 very frustrated 5 extremely frustrated