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# Initial Survey: Questionnaire

## Section 1: Consent and personal information

By participating, you confirm that you have received and accepted the following consent form:  
[consent form]

**Q1** Consent:

- o *I am participating in the survey. I am aware that participation in this survey is voluntary. I know that the results will be used as part of a GymInf project.*
- o *I do not wish to participate in the survey. (This choice will end the survey)*

**Q2** In which Year are you? [Year 9, Year 10, Year 11, Year 12]

**Q3** How old are you? [15, 16, 17, 18, 19, 20]

**Q4** What is your sex? [male, female, n/a, others]

## Section 2: Workload amount and stress perception

**Q5** Last week, how many minutes a day (on average, spread across all seven days) did you spend on homework and exam preparation?

**Q6** How did you perceive this workload? As ... [1 – very little, ..., 5 – very much]

**Q7** How stressful was the last school week for you? [1 – not stressful at all, ..., 5 – very stressful]

**Q8** During an average school week, how many minutes a day (on average, spread across all seven days) do you spend on homework and exam preparation?

**Q9** How many minutes do you normally spend on the preparation of a single exam?

**Q10** Over the last four school weeks, how often did you feel stressed? [1 – never, ..., 5 – very often]

**Q11** Tell us why you felt the way you indicated in Q10.

**Q12** How do you handle times when your workload is high? [1 – never, ..., 5 – very often]

**Q12.1** I try to focus on the upcoming work and put other things aside.

Q12.2 I wait until the work becomes unavoidable.

Q12.3 I ask friends how they organize themselves and what needs to be done.

Q12.4 When I am stressed, I talk to other people about my feelings.

Q12.5 I just accept that there is a lot going on and do nothing about it.

Q12.6 I ignore the assignments.

Q12.7 I have given up trying to improve my work organization.

Q12.8 I distract myself with other things (sports, TV, etc.).

### Section 3: Workload distribution within a school year

Q13 Workload distribution within a school year: [1 – *not true at all*, ..., 5 – *totally true*, n/a]

Q13.1 In my view, the workload is evenly distributed throughout the school year.

Q13.2 I always experienced periods when I had to work too much for school at home.

Q14 If possible, please explain why you have chosen the answers in the previous set of questions.

### Section 4: Work organization and digital tools

Q15 My work organization: [1 – *not true at all*, ..., 5 – *totally true*, n/a]

Q15.1 I can realistically estimate the amount of time I need to complete school assignments.

Q15.2 I keep a good overview of my upcoming work.

Q15.3 I often realize how many different tasks I have to deal with too late.

Q15.4 It often happens that I simply forget to do schoolwork.

Q15.5 I often do not know how to organize myself efficiently.

Q16 How do you organize yourself when the workload is heavy?

Q17 Do you use digital tools (e.g., apps) to schedule your work? [*yes*, *no*]

Q18 What tools are you using?

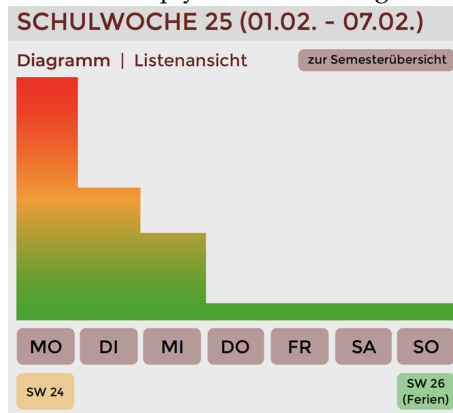
Q19 How do these tools help you stay organized?

Q20 If there were a digital tool (e.g., app) to help you manage time and schedule work, how would the tool need to work (i.e., what would you want to do)?

Q21 Would you use such a tool at all? Why (not)?

Q22 Imagine if you had a tool that showed you the estimated time required for all the work (homework, exams, etc.) already entered, week by week (e.g. as in the illustration). Would

this chart help you better manage stressful periods in the school year? Why (not)?



## Section 5: Coping strategies regarding stress

**Q23** Which of the following strategies do you use when the workload is heavy? [1 – *never*, ..., 5 – *very often*]

**Q23.1** I write a to-do list.

**Q23.2** I write down the different tasks, prioritize them, and work on them accordingly.

**Q23.3** For larger assignments, I create a timeline to track milestone deadlines.

**Q23.4** I maintain a homework book (Hausaufgabenbuch).

**Q23.5** I draw a mind map.

**Q23.6** I divide bigger assignments into milestones and pursue them.

**Q23.7** I only organize the upcoming work in my mind.

**Q23.8** I write down how much time I spent on assignments to learn from the experience.

**Q24** Why do you use the strategies indicated above?

**Q25** Which of the above techniques have not worked for you? Why?