
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 like 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 Whats your sex? [male, female, n/a, others]

Section 2: Workload amount and stress perception

Q5 Last week, how many minutes per day (on average, spread over all 7 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 yourself? [1 – not stressful at all, ..., 5 – very stressful]

Q8 During an average school week, how many minutes per day (on average, spread over all 7 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 were you stressed? [1 – never, ..., 5 – very often]

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

Q12 How do you handle stressful periods? [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's on the agenda.

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 numerous assignments.

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

Q12.8 I distract myself with other things (sports, TV, etc.) so I don't have to think about the upcoming work.

Section 3: Workload distribution within a school year

Q13 Workload distribution within a school year:

Q13.1 In my view, the workload is evenly distributed throughout the school year. [*1 – not true at all, ..., 5 – totally true, n/a*]

Q13.2 I always experienced periods when I had to work too much for school at home. [*1 – not true at all, ..., 5 – totally true, n/a*]

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 to me that I simply forget to do schoolwork.

Q15.5 I often don't 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?

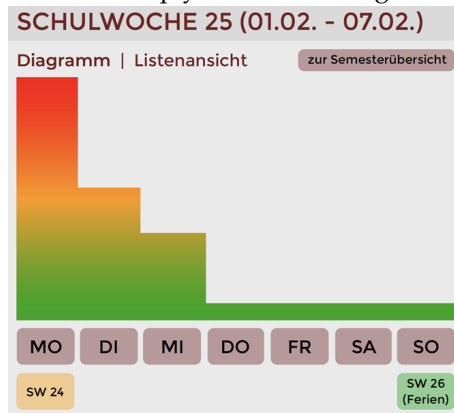
Q19 How do these tools help you stay organized?

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 note the different tasks, assign them different priorities and then work on them accordingly.

Q23.3 For bigger tasks or exams, I create a timeline as a help, where I note by when I want to have done what.

Q23.4 I maintain a homework log (Hausaufgabenbuch).

Q23.5 I draw myself a mind map.

Q23.6 I divide up bigger tasks or exams into milestones and then pursue them.

Q23.7 I organize the upcoming work exclusively in my mind.

Q23.8 Follow-up: I write down how much time I effectively spent on assignments to learn from the experience.

Q24 Why do you use the above indicated strategies?

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