Informed Consent

We are interested in people's opinions on a set of questions and thus seek your cooperation.

This study will take you about 15-20 minutes.

We respect your confidentiality in your performance and answers. Your responses will not be shared outside the research team. Data analyses will only be performed on de-identified data (i.e. we will remove all identifiers before analyzing the data in aggregate).

If you would like to speak to someone about this experiment, you may email the Researcher, █████████████████

If you consent to participate in this survey, please click on the button below to indicate your consent and proceed to the next page.

○　I consent to participate in this survey.

Please check the box below.

Scenario Instructions

For this task, you will be given a scenario and asked to share how you would respond in such a given situation. Please be as honest and open with your response as you can.

Aptitude Scenario_Other

Your close friend, Amelia, recently did badly on an important test. She struggles with understanding the study materials and has a tough time keeping up with the lecturer during class. Personally, you believe that Amelia has low aptitude for the topic.

Knowing that a similar test is coming up, Amelia approached you for advice on how to tackle the test.

In the box below, please describe how you would advise your friend on the above issue.

If Amelia followed your advice, how likely do you think she would improve on the upcoming test?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
○	○	○	○	○	○	○	○	○	○	○
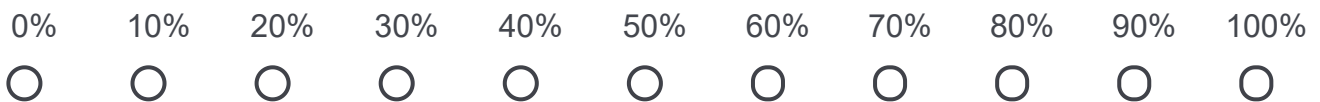
Effort Scenario_Other

Your close friend, Amelia, recently did badly for an important test. She barely revises her study materials and is often inattentive during class. Personally, you believe that Amelia is putting in little effort into the subject.

Knowing that a similar test is coming up, Amelia approached you for advice on how to tackle the test.

In the box below, please describe how you would advise your friend on the above issue.

[   ]

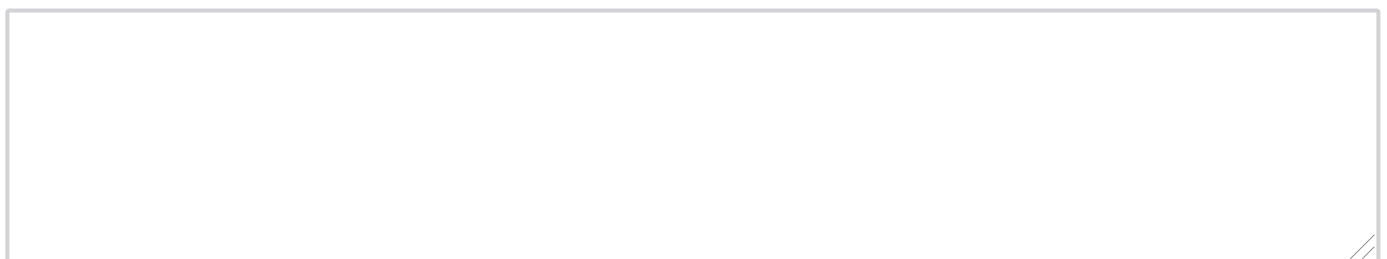If Amelia followed your advice, how likely do you think she would improve on the upcoming test?

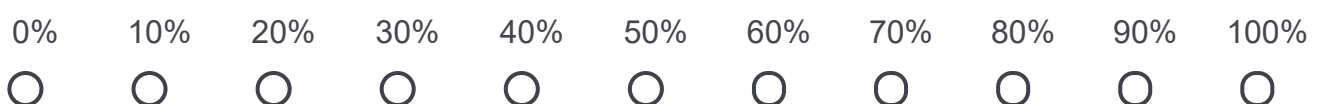| 0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
○	○	○	○	○	○	○	○	○	○	○

Strategy Scenario_Other

Your close friend, Amelia, recently did badly for an important test. She mindlessly copies what the lecturer says in class and keeps trying to memorize the materials by heart. Personally, you believe that Amelia is not using the right study strategies for the subject.

Knowing that a similar test is coming up, Amelia approached you for advice on how to tackle the test.

In the box below, please describe how you would advise your friend on the above issue.

[   ]

If Amelia followed your advice, how likely do you think she would improve on the upcoming test?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
○	○	○	○	○	○	○	○	○	○	○

Luck Scenario_Other

Your close friend, Amelia, recently did badly for an important test. She had a stomachache right before the test started and she had to go to the restroom multiple times during the test. Personally, you believe that Amelia was really unlucky for the test.

Knowing that a similar test is coming up, Amelia approached you for advice on how to tackle the test.

In the box below, please describe how you would advise your friend on the above issue.

If Amelia followed your advice, how likely do you think she would improve on the upcoming test?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
○	○	○	○	○	○	○	○	○	○	○

Attribution Scale Instructions

On the next few pages, you will be presented with six causes of success and failure in achievement-related situations: aptitude, effort, mood, task difficulty, luck, and strategy. You will be asked to judge three characteristics of these causes:

1) whether you think they reside within or outside you;
2) whether you think that the causes are stable (constant) over time or whether they change over time; and
3) whether anyone (including you and other people) has control over the causes and can intentionally create change.

Aptitude Dimensions

Rate the following cause of achievement/failure along three characteristics:

Aptitude

To what extent does aptitude reside inside or outside you?

Inside 1	2	3	4	5	6	Outside 7
○	○	○	○	○	○	○

To what extent does aptitude change over time?

Stable 1	2	3	4	5	6	Variable 7
○	○	○	○	○	○	○

To what extent is aptitude controllable by you and other people?

Controllable 1	2	3	4	5	6	Uncontrollable 7
○	○	○	○	○	○	○

Effort Dimensions

Rate the following cause of achievement/failure along three characteristics:

Effort

To what extent does effort reside inside or outside you?

Inside 1	2	3	4	5	6	Outside 7
○	○	○	○	○	○	○

To what extent does effort change over time?

Stable 1	2	3	4	5	6	Variable 7
○	○	○	○	○	○	○

To what extent is effort controllable by you and other people?

Controllable 1	2	3	4	5	6	Uncontrollable 7
○	○	○	○	○	○	○

Mood Dimensions

Rate the following cause of achievement/failure along three characteristics:

Mood

To what extent does mood reside inside or outside you?

Inside 1	2	3	4	5	6	Outside 7
○	○	○	○	○	○	○

To what extent does mood change over time?

Stable 1	2	3	4	5	6	Variable 7
○	○	○	○	○	○	○

To what extent is mood controllable by you and other people?

Controllable 1	2	3	4	5	6	Uncontrollable 7
○	○	○	○	○	○	○

Strategy Dimensions

Rate the following cause of achievement/failure along three characteristics:

Strategy

To what extent does strategy reside inside or outside you?

Inside 1	2	3	4	5	6	Outside 7
○	○	○	○	○	○	○

To what extent does strategy change over time?

Stable 1	2	3	4	5	6	Variable 7
○	○	○	○	○	○	○

To what extent is strategy controllable by you and other people?

Controllable 1	2	3	4	5	6	Uncontrollable 7
○	○	○	○	○	○	○

Luck Dimensions

Rate the following cause of achievement/failure along three characteristics:

Luck

To what extent does luck reside inside or outside you?

Inside 1	2	3	4	5	6	Outside 7
○	○	○	○	○	○	○

To what extent does luck change over time?

Stable 1	2	3	4	5	6	Variable 7
O	O	O	O	O	O	O

To what extent is luck controllable by you and other people?

Controllable 1	2	3	4	5	6	Uncontrollable 7
O	O	O	O	O	O	O

Task Dimensions

Rate the following cause of achievement/failure along three characteristics:

Objective difficulty of task

To what extent does task difficulty reside inside or outside you?

Inside 1	2	3	4	5	6	Outside 7
O	O	O	O	O	O	O

To what extent does task difficulty change over time?

Stable 1	2	3	4	5	6	Variable 7
O	O	O	O	O	O	O

To what extent is task difficulty controllable by you and other people?

Controllable 1	2	3	4	5	6	Uncontrollable 7
O	O	O	O	O	O	O

SMS

How often do you ask yourself these questions? There are no right or wrong answers. Please be completely honest.

In moments when you feel challenged, how often do you ask yourself: "What are things I can do to make myself better at this?"

○ Never

○ Rarely

○ Sometimes

○ Often

○ Most of the time

When you are struggling with something, how often do you ask yourself: "What can I do to help myself?"

○ Never

○ Rarely

○ Sometimes

○ Often

○ Most of the time

Whenever something feels difficult, how often do you ask yourself: "What can I do to get better at this?"

○ Never

○ Rarely

○ Sometimes

○ Often

○ Most of the time

When you are stuck on something, how often do you give up on finding ways to help yourself?"

○ Never

○ Rarely

○ Sometimes

○ Often

○ Most of the time

Whenever you feel like you are not making progress, how often do you ask yourself: "Is there a better way of doing this?"

○ Never

○ Rarely

○ Sometimes

○ Often

○ Most of the time

Whenever you feel frustrated with something, how often do you ask yourself: "How can I do this better?"

○ Never

○ Rarely

○ Sometimes

○ Often

○ Most of the time

SMO

How often do you ask yourself these questions? There are no right or wrong answers. Please be completely honest.

How much do you believe that you must always keep an eye out for new strategies, even when everything is going well?

Not at all	2	3	4	5	6	Extremely

1   ○   ○   ○   ○   ○   strongly
                                                              7
○   ○

How strongly do you believe that you need to constantly be thinking of different ways to approach a problem, even when things are going smoothly?

						Extremely strongly
Not at all 1	2	3	4	5	6	7
○	○	○	○	○	○	○

How important is it to keep searching for different ways of doing things, even when you have already found a solution?

						Extremely strongly
Not at all 1	2	3	4	5	6	7
○	○	○	○	○	○	○

Monitoring Performance

Please answer the following questions about yourself.

When you are in the middle of solving a problem, how often do you think: "How much progress have I made so far?"

○ Never
○ Rarely
○ Sometimes
○ Often
○ Most of the time

When you are working towards a goal, how often do you think to yourself:
"How close am I to the objective?"

○ Never

○ Rarely

○ Sometimes

○ Often

○ Most of the time

When you are performing a task, how often do you ask yourself:
"At this point, am I on the right track?"

○ Never

○ Rarely

○ Sometimes

○ Often

○ Most of the time

When you are working on a project, how often do you ask yourself:
"How well am I coping with this so far?"

○ Never

○ Rarely

○ Sometimes

○ Often

○ Most of the time

SO

Please answer the following questions honestly. There are no right or wrong answers.

In your opinion, how often do you demonstrate strategy?

Never	Seldom	Sometimes	Most of the time	Always
○	○	○	○	○

In your opinion, how often do you engage in planning?

Never	Seldom	Sometimes	Most of the time	Always
⚪	⚪	⚪	⚪	⚪

In your opinion, how often do you think of strategies?

Never	Seldom	Sometimes	Most of the time	Always
⚪	⚪	⚪	⚪	⚪

In your opinion, how often do you apply strategy?

Never	Seldom	Sometimes	Most of the time	Always
⚪	⚪	⚪	⚪	⚪

Demographics

This is the final part of the survey. Please share with us a little bit about your background.

What is your gender?

⚪ Male

⚪ Female

⚪ Other

What is your race/ ethnicity?
You may select more than one if you identify with more than one.

☐ White

☐ Hispanic/Latino

☐ Black/African American

☐ Native American/American Indian

☐ Asian/Pacific Islander

☐ Other, please specify [   ]

What is your age in years, as of 1st January 2018?

[   ]

In your own schooling, what is the <u>highest</u> degree you have received?

○ Elementary School

○ Middle School

○ High School

○ Some College

○ College Degree

○ Masters Degree

○ Professional Degree (e.g., J.D., Ph.D.)

Powered by Qualtrics