

Informed Consent

We are interested in people's natural responses to various scenarios and their thoughts and feelings on some issues. In this study that takes about 15-25 minutes, you will be asked to respond to a given scenario and you will also answer some survey questions.


We respect your confidentiality. Your responses will only be used for the purposes of this research by members of the research team.

If you would like to speak to someone about this experiment, you may email the Researcher, [REDACTED]

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.

☐ I'm not a robot


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Scenario Instructions

On the few next pages, you will be given scenarios to read. Try to imagine how you would respond in the given scenarios.

Strategy Academic Difficulty - UES

Amelia is a college student preparing for her final examinations. She wants to do well but she previously failed her mid-term examinations. This is likely because she applied ineffective studying strategies.

What do you think Amelia should do in this situation? Please select the option which you think she should focus on most.

- ☐ Keep applying her current study methods. Her results should improve over time.
- ☐ Invest more hours into studying for the exams everyday.
- ☐ Ask other students about their study methods and try out some of them.
- ☐ Focus on goals other than schoolwork that she is more likely to do well in.
- ☐ Spend more time reading the textbook and course readings.
- ☐ Identify the topics she is weak at and specifically work on them.

Effort Academic Difficulty - UES

Amelia is a college student preparing for her final examinations. She wants to do well but she previously failed her mid-term examinations. This is likely because she put little effort into studying.

What do you think Amelia should do in this situation? Please select the option which you think she should focus on most.

- ☐ Keep applying her current study methods. Her results should improve over time.
- ☐ Invest more hours into studying for the exams everyday.

- ☐ Ask other students about their study methods and try out some of them.
- ☐ Focus on goals other than schoolwork that she is more likely to do well in.
- ☐ Spend more time reading the textbook and course readings.
- ☐ Identify the topics she is weak at and specifically work on them.

Strategy Sports Difficulty - UES

Joe is trying to become a finalist in a local Tennis competition and the next competition is coming up in a few months. However, he has repeatedly failed to achieve this goal of entering the finals in the past few years. This is likely because of his ineffective training strategy.

What do you think Joe should do in this situation? Please select the option which you think he should focus on most.

- ☐ Maintain his current practice routine.
- ☐ Invest more time practicing by increasing the number of weekly practice sessions.
- ☐ Target his practice sessions on specific skills that he is weak at.
- ☐ Focus on having fun rather than winning the competition.
- ☐ Increase the intensity and difficulty levels of his training sessions.
- ☐ Study the games he lost and work on his weaknesses.

Effort Sports Difficulty - UES

Joe is trying to become a finalist in a local Tennis competition and the next competition is coming up in a few months. However, he has repeatedly failed to achieve this goal of entering the finals in the past few years. This is likely because he did not put in much effort into training.

What do you think Joe should do in this situation? Please select the option which you think he should focus on most.

- ☐ Maintain his current practice routine.
- ☐ Invest more time practicing by increasing the number of weekly practice sessions.
- ☐ Target his practice sessions on specific skills that he is weak at.
- ☐ Focus on having fun rather than winning the competition.
- ☐ Increase the intensity and difficulty levels of his training sessions.
- ☐ Study the games he lost and work on his weaknesses.

Strategy Parenting Difficulty - UES

Reuben and Sarah are having a hard time disciplining their child who often misbehaves. This is likely because they have not been using good parenting strategies.

What do you think the couple should do in this situation? Please select the option which you think they should focus on most.

- ☐ Keep trying the same parenting approaches that they believe in.
- ☐ Spend more time with their child.
- ☐ Talk to other parents and learn how they deal with misbehavior.
- ☐ Let school teachers help to correct their child's misbehavior.
- ☐ Try harder to communicate with their child.
- ☐ Look up recommended parenting practices and try some of them.

Effort Parenting Difficulty - UES

Reuben and Sarah are having a hard time disciplining their child who often misbehaves. This is likely because they have not been putting enough effort into parenting.

What do you think the couple should do in this situation? Please select the option which you think they should focus on most.

- ☐ Keep trying the same parenting approaches that they believe in.
- ☐ Spend more time with their child.
- ☐ Talk to other parents and learn how they deal with misbehavior.
- ☐ Let school teachers help to correct their child's misbehavior.
- ☐ Try harder to communicate with their child.
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Strategy Diet Difficulty - UES

May has been trying to lose weight for the past few months. However, she has been largely unsuccessful because of her poor dieting strategy.

What do you think May should do in this situation? Please select the option which you think she should focus on most.

- ☐ Stick to her current diet. It just takes time.
- ☐ Work harder at resisting food indulgences and eat less.
- ☐ Learn how other people lose weight and try out different dieting methods.
- ☐ Stop obsessing over her weight.
- ☐ Spend more time exercising every week.
- ☐ Reflect on the obstacles she has faced to dieting and plan around them.

Effort Diet Difficulty - UES

May has been trying to lose weight for the past few months. However, she has been largely unsuccessful because she has not put much effort into dieting.

What do you think May should do in this situation? Please select the option which you think she should focus on most.

- ☐ Stick to her current diet. It just takes time.
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Effort Teamwork Difficulty - UES

Darcie and her team failed to deliver their product on time to their client. Their client got really upset and terminated the contract. Darcie realised that her team's low effort led to the delays in production.

What do you think Darcie should do in this situation? Please select the option which you think she should focus on most.

- ☐ Continue business as usual.
- ☐ Motivate the team to work harder at production.
- ☐ Discuss methods of improving the efficiency of production with the team.
- ☐ Leave this ineffective team.

- ☐ Give the team more time to complete future products.
- ☐ Identify the specific causes of inefficiency and figure out how to improve them.

Strategy Teamwork Difficulty - UES

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Strategy Sales Difficulty - UES

Caleb started working in sales and has had difficulty meeting his monthly quota. This is because he has not been applying effective sales strategies.

What do you think Caleb should do in this situation? Please select the option which you think he should focus on most.

- ☐ Just keep trying. His sales should improve over time.
- ☐ Spend more time making sales pitches.

- ☐ Learn more about the customers' needs and specifically tailor his sales pitch to them.
- ☐ Find a different profession that he can excel at.
- ☐ Work longer hours to make a higher volume of sales.
- ☐ Try different persuasion methods and see what works better.

Effort Sales Difficulty - UES

Caleb started working in sales and has difficulty meeting his monthly quota. This is because he has not been putting much effort into his sales.

What do you think Caleb should do in this situation? Please select the option which you think he should focus on most.

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Strategy Relationship Difficulty - UES

Jacob and Martha both feel that their relationship have not been going well. This is probably because they have not been working on their relationship effectively.

What do you think the couple should do in this situation? Please select the option

which you think they should focus on most.

- ☐ Just keep trying. The relationship will improve if they persist.
- ☐ Devote more quality time to doing things together.
- ☐ Have discussions to find ways of making each other happier.
- ☐ They should break off the relationship.
- ☐ Invest more time and energy into the relationship.
- ☐ Read self-help books to learn ways of improving the relationship.

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Jacob and Martha both feel that their relationship have not been going well. This is probably because they have not been putting enough effort into the relationship.

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Strategy Parenting Difficulty - USE

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- ☐ Keep trying the same parenting approaches that they believe in.
- ☐ Talk to other parents and learn how they deal with misbehavior.
- ☐ Spend more time with their child.
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Attribution Scale Instructions

On the next few pages, you will be presented with two causes of success and failure in achievement-related situations: effort and strategy. You will be asked to respond based on what you think about these two causes.

Effort Dimensions

If you failed something because of a lack of effort,

Is effort something:

	1	2	3	4	5	6	7	8	9	
That reflects an aspect of yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	reflects an aspect of the situation
Manageable by you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	not manageable by you
Permanent	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	temporary

If you failed something because of a lack of effort,

Is effort something:

	1	2	3	4	5	6	7	8	9	
You can regulate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	you cannot regulate
Over which others have control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	over which others have no control
Inside of you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	outside of you

If you failed something because of a lack of effort,

Is effort something:

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

Stable over time

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

variable over time

Under the power
of other people☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐not under the
power of other
peopleSomething about
you☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐something about
others

If you failed something because of a lack of effort,

Is effort something:

1 2 3 4 5 6 7 8 9

Over which you
have power☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐over which you
have no power

Unchangeable

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

changeable

Other people can
regulate☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐other people
cannot regulate**Strategy Dimensions**

If you failed something because of a lack of strategy,

Is strategy something:

1 2 3 4 5 6 7 8 9

That reflects an
aspect of yourself☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐reflects an aspect
of the situationManageable by
you☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐not manageable
by you

Permanent

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

temporary

If you failed something because of a lack of strategy,

Is your strategy something:

1 2 3 4 5 6 7 8 9

You can regulate

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐you cannot
regulateOver which others
have control☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐over which others
have no control

Inside of you

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

outside of you

If you failed something because of a lack of strategy,

Is your strategy something:

1 2 3 4 5 6 7 8 9

Stable over time

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

variable over time

Under the power
of other people☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐not under the
power of other
peopleSomething about
you☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐something about
others

If you failed something because of a lack of strategy,

Is your strategy something:

	1	2	3	4	5	6	7	8	9	
Over which you have power	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	over which you have no power
Unchangeable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	changeable
Other people can regulate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	other people cannot regulate

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 2019?

In your own schooling, what is the highest degree you have received?

- ☐ Elementary School
- ☐ Middle School
- ☐ High School
- ☐ Some College
- ☐ College Degree
- ☐ Masters Degree
- ☐ Professional Degree (e.g., J.D., Ph.D.)

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