**Supplementary table 1: SB and confidences**

| **Descriptive Statistics: Self Beliefs and Local Confidences** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | **95% Confidence Interval Mean** | | | |  | |
|  | | **Mean** | | **Upper** | | **Lower** | | **Std. Deviation** | |
| SB pre Memory |  | 67.370 |  | 69.000 |  | 65.509 |  | 16.202 |  |
| SB pre Vision |  | 67.810 |  | 69.594 |  | 66.114 |  | 15.764 |  |
| SB pre GDP |  | 60.078 |  | 62.019 |  | 58.165 |  | 18.057 |  |
| SB pre Calories |  | 66.205 |  | 67.702 |  | 64.436 |  | 17.000 |  |
| SB post Memory |  | 57.705 |  | 59.754 |  | 55.635 |  | 18.655 |  |
| SB post Vision |  | 59.979 |  | 61.608 |  | 58.161 |  | 16.133 |  |
| SB post GDP |  | 50.967 |  | 53.113 |  | 48.729 |  | 19.992 |  |
| SB post Calories |  | 62.851 |  | 64.739 |  | 61.030 |  | 17.022 |  |
| Local confidence Memory |  | 4.547 |  | 4.631 |  | 4.463 |  | 0.781 |  |
| Local confidence Vision |  | 4.195 |  | 4.284 |  | 4.102 |  | 0.876 |  |
| Local confidence GDP |  | 4.353 |  | 4.447 |  | 4.254 |  | 0.900 |  |
| Local confidence Calories |  | 5.265 |  | 5.343 |  | 5.181 |  | 0.732 |  |
|  | | | | | | | | | |

*Note*: Table shows means and bootstrapped 95% confidence intervals (based on 1000 samples), as well as standard deviations for all local and global confidence measures. SB pre and SB post denote baseline and post-task self-beliefs, local confidence denotes mean confidence across trials for each task.