Metacognition

1. When solving questions in LearnAnonymous, I think about what learning strategies have helped me in the past with similar tasks.

2. I spend time trying to interpret the task to ensure I understand accurately what I need to do.

3. I usually self-assess my performance once I finish (before seeing the sample solution).

4. I remember past feedback I have received and check that I have made improvements in my current learning.

5. I think about how I might improve my tasks by evaluating it against LearnAnonymous's sample solution.

Time Management

1. I set short-term (daily or weekly) goals.

2. I set realistic deadlines for learning.

3. I break larger goals into smaller actionable goals.

4. I make a list of detailed actions that I need to complete.

5. I plan out my schedule each week so I have the appropriate amount of time available for using LearnAnonymous.

Effort

1. I work hard in LearnAnonymous, even when there are more interesting things to do.

2. When learning becomes difficult, I stay committed to achieving my learning goals.

3. When my mind begins to wander during LearnAnonymous, I make a special effort to keep concentrating.

4. No matter how I am feeling, I persevere with my online study.

Online Strategies (Elaboration)

1. When I use LearnAnonymous, I think of my own examples to better understand the content.

2. When I use LearnAnonymous, I organize my thoughts by creating summaries of the material.

3. When I use LearnAnonymous, I try to relate the content to what I already know.

4. When I learn content in LearnAnonymous, I try to develop my own ideas about it.

5. I try to improve my understanding by doing additional tasks beyond the core content (e.g., additional problem-solving tasks or additional reading).