

# PRE-RESEARCH QUESTIONNAIRE

You will take part in a study on Adaptive Learning. To process your results, we would like to ask you the following questions. Please read this paper carefully and answer honestly and to the best of your abilities. There are no right or wrong answers.

## FACTUAL:

Your initials (First name, Family name): .....

Sex: Male Female

Hours of sleep last night: .....

Current energy level:

☐ I'M ALMOST DEAD    ☐ Yaawn...    ☐ I could use some sleep    ☐ Normal    ☐ Feeling good    ☐ I'm on top of my game    ☐ I could run a marathon!

## READING SKILLS:

mark the one most true of you

Have you ever read (parts of) Moby Dick before?

☐ Yes    ☐ No

Are you an avid reader?

☐ Never read a book, like ever    ☐ Only read when forced    ☐ Rarely read, maybe articles    ☐ Enjoy reading, but infrequent    ☐ Read a few books a year    ☐ Read often, several books/month    ☐ I read every chance I get

Self-reported English level:

☐ Me no speak English good.    ☐ I can say some thing, but not much.    ☐ I understand basic stuff, but it's hard.    ☐ I can have a simple conversation.    ☐ I can express myself clearly, though not perfectly.    ☐ I communicate fluently and understand most nuance.    ☐ I converse with the utmost eloquence and command a refined register.

**SELF-CONTROL, ATTENTION:**

mark the one most true of you

How often do you put off doing the dishes?

☐ Never      ☐ Rarely      ☐ Occasionally      ☐ Sometimes      ☐ Often      ☐ Usually      ☐ Always

Do you frequently ask for deadline extensions?

☐ Never      ☐ Rarely      ☐ Occasionally      ☐ Sometimes      ☐ Often      ☐ Usually      ☐ Always

„I find it easy to stay focused when reading difficult material.”

☐ Never      ☐ Rarely      ☐ Occasionally      ☐ Sometimes      ☐ Often      ☐ Usually      ☐ Always

„I often get distracted by my own thoughts.”

☐ Never      ☐ Rarely      ☐ Occasionally      ☐ Sometimes      ☐ Often      ☐ Usually      ☐ Always

„I can delay gratification if needed” (e.g., finishing work before watching Netflix)

☐ Never      ☐ Rarely      ☐ Occasionally      ☐ Sometimes      ☐ Often      ☐ Usually      ☐ Always

How motivated are you to become more well-read?

☐ 1      ☐ 2      ☐ 3      ☐ 4      ☐ 5      ☐ 6      ☐ 7

How often do you think about your long term goals?

☐ Never      ☐ Rarely      ☐ Occasionally      ☐ Sometimes      ☐ Often      ☐ Usually      ☐ Always

List 4-5 medium- or long-term goals you have in life (bulletpoints or sentences):

How would becoming more literate or well-read help you achieve these goals:

## POST-RESEARCH QUESTIONNAIRE

Now that you finished the experiment, we would like to ask you to answer a few more questions.

How engaged did you feel while reading?

|                       |                       |                       |                       |                       |                       |                            |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      |
| What reading?         | 2                     | 3                     | 4                     | 5                     | 6                     | I'll read the rest tonight |

On a scale from 1 to 7, how difficult was the text for you?

|                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Easy peasy            | 2                     | 3                     | 4                     | 5                     | 6                     | UGH!                  |

On a scale from 1 to 7, how focused were you overall?

|                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not very              | 2                     | 3                     | 4                     | 5                     | 6                     | Very                  |

Did you notice yourself zoning out?

|                       |                       |
|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> |
| Yes                   | No                    |

How many times did your mind wander during the reading? (Include moments unnoticed by the program)

|                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Once                  | Twice                 | Thrice                | Four-ever             | High five             | Six pack              | Seventh heaven        |

How helpful were the attention prompts?

|                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Bothering             |                       |                       | Neutral               |                       |                       | Helpful               |

Did the content of the intervention messages feel personally relevant to you? How much?

|                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all            | 2                     | 3                     | 4                     | 5                     | 6                     | Spoke to my soul      |

Would you continue using a tool like this while studying or reading?

|                       |                       |
|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> |
| Nope                  | Heck yeah             |

Anything else you would like to add: