**Codebook for Team Assignment 1**

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| **SPSS VARIABLE NAME** | **DESCRIPTION OF VARIABLE** | **CODING INSTRUCTIONS** |
| ID | Identification Number | None |
| Age | Age | None |
| Pronouns | Person's Pronouns | (1, He, him, his), (2, She, her, hers), (3, Don’t want to disclose) |
| EduLevel | Highest Level of Education | (1, Diploma), (2, Associate Degree), (3, Bachelors Degree (3yrs)), (4, Bachelors Degree (4yrs)), (5, Graduate Certificate), (6, Postgraduate Diploma), (7, Professional Charter), (8, Masters Degree) |
| Marital | Marital Status | (1, Single), (2, Married), (3, Common Law) |
| Child | Children | (1, None), (2, One), (3, Two or more) |
| C\_origin | Country of Origin | (1, Country 1), (2, Country 2), (3 Country 3), (4, Country 4), (5, Country 5), (6, Country 6), (7, Country 7), (8, Country 8), (9, Country 9), (10, Country 10), (11, Country 11), (12, Country 12), (13, Country 13), (14, Country 14), (15, Country 15), (16, Country 16), (17, Country 17), (18, Country 18), (19, Country 19), (20, Country 20), (21, Country 21), (22, Country 22), (23, Country 23), (24, Country 24), (25, Country 25), (26, Country 26), (27, Country 27), (28, Country 28), (29, Country 29), (30, Country 30), (31, Country 31), (32, Country 32) |
| WorkHrss | Hours Worked Weekly | (1, I don’t work), (2, Less than 5), (3, 5-10), (4, 11-15), (5, 16-20), (6, 21-30), (7, 31-40), (8, More than 40 hours) |
| PE1 | I keep studying even when I receive tiredness signals from my body | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| PE2 | I skip my meals because I am busy with studies | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| PE3 | I forget about drinking/hydrating myself unless I feel very thirsty | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| PE4 | I pay attention to nutritional replenishment when choosing food and drink to have for my meals | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| PE5 | I get sufficient sleep to wake up feeling recovered | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| PE6 | I set aside some time for physical activities | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| PE7 | I autonomously take regular breaks during my workday to renew and recharge | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| PE8 | I get physical exercise at designated times | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| PE9 | My food intake varies, such that I eat a lot some days but eat little on other days | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| PE10 | I cannot go to bed at a designated time for many reasons | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| EE1 | I treat people and things around me with gratitude | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| EE2 | I directly praise and express appreciation of others | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| EE3 | I quickly overcome the impact of negative emotions | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| EE4 | I appropriately control my emotions | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| EE5 | I try to take a new perspective when I have issues at college | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| SE1 | I look for meaning in what I have learned and worked on | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| SE2 | I seek feelings of satisfaction and achievement while studying and/or working | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| SE3 | I get motivated by imagining my future self doing work | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| SE4 | I get positive energy for my studies by reading additional material and inspirational stories | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| SE5 | I do what I enjoy in my college program | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| SE6 | I allocate my time and energy to doing the most important things | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| SE7 | I act according to my core values (i.e., what I value the most) in my life | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| ME1 | I use some strategies to purposefully reduce or avoid disruptions from outside my studies | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| ME2 | When I am interrupted during studying, I quickly switch attention back to the task at hand | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| ME3 | I do something else to refresh my mind when I find myself studying inefficiently | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| ME4 | I arrange my most efficient hours to do the most important work | (1, Never), (2, Seldom), (3, Sometimes), (4, Usually), (5, Often), (6, Almost Always), (7, Always) |
| RPE1 | Reversed PE1 | (1, Always), (2, Almost Always), (3, Often), (4, Usually), (5, Sometimes), (6, Seldom), (7, Never) |
| RPE2 | Reversed PE2 | (1, Always), (2, Almost Always), (3, Often), (4, Usually), (5, Sometimes), (6, Seldom), (7, Never) |
| RPE3 | Reversed PE3 | (1, Always), (2, Almost Always), (3, Often), (4, Usually), (5, Sometimes), (6, Seldom), (7, Never) |
| RPE9 | Reversed PE9 | (1, Always), (2, Almost Always), (3, Often), (4, Usually), (5, Sometimes), (6, Seldom), (7, Never) |
| RPE10 | Reversed PE10 | (1, Always), (2, Almost Always), (3, Often), (4, Usually), (5, Sometimes), (6, Seldom), (7, Never) |
| TotPES | Total Physical Energy Skill | RPE1 + RPE2 + RPE3 + PE4 + PE5 + PE6 + PE7 + PE8 + RPE9 + RPE10 |
| TotEES | Total Emotional Energy Skill | EE1 + EE2 + EE3 + EE4 + EE5 |
| TotMES | Total Mental Energy Skill | ME1 + ME2 + ME3 + ME4 |
| TotSES | Total Spiritual Energy Skill | SE1 + SE2 + SE3 + SE4 + SE5 + SE6 + SE7 |
| TotEMSS | Total Energy Management Skill | TotPES + TotEES + TotMES + TotSES |
| TotPES3 | Total Physical Energy Skill (3-item) | PE4 + PE7 + PE8 |
| TotEES3 | Total Emotional Energy Skill (3-item) | EE3 + EE4 + EE5 |
| TotMES3 | Total Mental Energy Skill (3-item) | ME2 + ME3 + ME4 |
| TotSES3 | Total Spiritual Energy Skill (3-item) | SE5 + SE6 + SE7 |
| TotEMSS3 | Total Energy Management Skill (3-item) | TotPES3 + TotEES3 + TotMES3 + TotSES3 |
| AvePES3 | Averaged Physical Energy Skill (3-item) | TotPES3 / 3 |
| AveEES3 | Averaged Emotional Energy Skill (3-item) | TotEES3 / 3 |
| AveMES3 | Averaged Mental Energy Skill (3-item) | TotMES3 / 3 |
| AveSES3 | Averaged Spiritual Energy Skill (3-item) | TotSES3 / 3 |
| AveEMSS3 | Averaged Total Energy Management Skill (3-item) | AvePES3 + AveEES3 + AveMES3 + AveSES3 |
| AgeGrp3 | Age in 3 groups | (1, less than 20 years old), (2, 20-29 years old), (3, more than 29 years old) |
| EduLevelGrp2 | Education level in 2 groups | (1, Completed undergraduate), (2, Completed post-graduate) |
| MaritalGrp2 | Marital in 2 groups | (1, Not in a relationship), (2, In a relationship) |
| ChildGrp2 | Child in 2 groups | (1, Without child), (2, With child) |
| WorkHrssGrp3 | Working hours in 3 groups | (1, No work), (2, 20 hours or less), (3, more than 20 hours) |
| Checkoneormoreoptionsforthesets  ofpronounsyouwantpeopletousetoref | Check one or more options for the set(s) of pronouns you want people to use to refer to you: |  |
| Whatisyourlevelofeducation | What is your level of education? |  |
| Whatisyourmaritalstatus | What is your marital status |  |
| Howmanykidsdoyouhave | How many kids do you have? |  |
| Whatisyourcountryoforigin | What is your country of origin? |  |
| Howmanyhoursperweekareyouworking | How many hours per week are you working? |  |
| IkeepstudyingevenwhenIreceivetirednesssignals  frommybodye.g.conti | I keep studying even when I receive tiredness signals from my body (e.g., continual yawning). |  |
| IskipmymealsbecauseIambusywithstudies | I skip my meals because I am busy with studies. |  |
| Iforgetaboutdrinkinghydrating  myselfunlessIfeelverythirsty | I forget about drinking/hydrating myself unless I feel very thirsty. |  |
| Ipayattentiontonutritionalreplenishment  Whenchoosingfoodanddrinkt | I pay attention to nutritional replenishment when choosing food and drink to have for my meals. |  |
| Igetsufficientsleeptowakeupfeelingrecovered | I get sufficient sleep to wake up feeling recovered. |  |
| Isetasidesometimeforphysicalactivities | I set aside some time for physical activities. |  |
| Iautonomouslytakeregularbreaksduring  Myworkdaytorenewandrecharge | I autonomously take regular breaks during my workday to renew and recharge. |  |
| Igetphysicalexerciseatdesignatedtimes | I get physical exercise at designated times. |  |
| MyfoodintakevariessuchthatIeatalot  Somedaysbuteatlittleonotherday | My food intake varies, such that I eat a lot some days but eat little on other days. |  |
| Icannotgotobedatadesignatedtime  Formanyreasons | I cannot go to bed at a designated time for many reasons. |  |
| Itreatpeopleandthingsaround  Mewithgratitude | I treat people and things around me with gratitude. |  |
| Idirectlypraiseandexpressappreciation  Ofothers | I directly praise and express appreciation of others. |  |
| Iquicklyovercometheimpact  Ofnegativeemotions | I quickly overcome the impact of negative emotions. |  |
| Iappropriatelycontrolmyemotions | I appropriately control my emotions. |  |
| ItrytotakeanewperspectivewhenIhave  Issuesatcollege | I try to take a new perspective when I have issues at college. |  |
| IlookformeaninginwhatIhavelearned  Andworkedon | I look for meaning in what I have learned and worked on. |  |
| Iseekfeelingsofsatisfactionandachievement  whilestudyingandorworki | I seek feelings of satisfaction and achievement while studying and/or working. |  |
| Igetmotivatedbyimaginingmyfutureself  Doingwork | I get motivated by imagining my future self doing work. |  |
| Igetpositiveenergyformystudiesbyreading  Additionalmaterialandinsp | I get positive energy for my studies by reading additional material and inspirational stories. |  |
| IdowhatIenjoyinmycollegeprogram | I do what I enjoy in my college program. |  |
| Iallocatemytimeandenergytodoingthemost  Importantthings | I allocate my time and energy to doing the most important things. |  |
| Iactaccordingtomycorevaluesi.e.what  Ivaluethemostinmylife | I act according to my core values (i.e., what I value the most) in my life. |  |
| Iusesomestrategiestopurposefullyreduceor  Avoiddisruptionsfromouts | I use some strategies to purposefully reduce or avoid disruptions from outside my studies. |  |
| WhenIaminterruptedduringstudyingIquickly  Switchattentionbacktothe | When I am interrupted during studying, I quickly switch attention back to the task at hand. |  |
| IdosomethingelsetorefreshmymindwhenI  Findmyselfstudyinginefficien | I do something else to refresh my mind when I find myself studying inefficiently. |  |
| Iarrangemymostefficienthours  Todothemostimportantwork | I arrange my most efficient hours to do the most important work. |  |
| PronounsRAW | Check one or more options for the set(s) of pronouns you want people to use to refer to you: | (1,He, him, his),(2,She, her,hers),(3,Don’t want to disclose) |
| EdulevelRAW | What is your level of education? | (1, associate degree),(2, Bachelor degree or equivalent (3 years)),(3, Bachelors degree or equivalent (4 years)), (4, Diploma), (5, Graduate certificate) (6, Master's Degree), (7, Postgraduate Diploma) (8, Professional Charter) |
| MaritalRAW | What is your marital status | (2, Common-law),(3, Married), (4, Single) |
| ChildRAW | How many kids do you have? | (1, None) (2, One), (3, Two or more) |
| C\_originRAw | What is your country of origin? | (2, Country 1), (3, Country 10), (4, Country 11), (5, Country 12), (6, Country 13), (7, Country 14), (8, Country 15), (9, Country 16), (10, Country 17), (11, Country 18), (12, Country 19), (13, Country 2), (14, Country 20), (15, Country 21), (16, Country 22), (17, Country 23), (18, Country 24), (19, Country 25), (20, Country 26), (21, Country 27), (22, Country 28), (23, Country 29), (24, Country 3), (25, Country 30), (26, Country 31), (27, Country 32), (28, Country 4), (29, Country 5), (30, Country 6), (31, Country 7), (32, Country 8), (33, Country 9), |
| WorkHrssRAW | How many hours per week are you working? | (2,11-15 hours),(3, 16-20 hours), (4, 21-30 hours), (5, 31-40), (6, 5-10 hours), (7, I don’t work) |
| StudyHrssRAW | I keep studying even when I receive tiredness signals from my body (e.g., continual yawning). | (1, Almost Always), (2,Always), (3,Never), (4,Often), (5,Seldom), (6,Sometimes), (7,Usually) |
| StgFigRAW | I skip my meals because I am busy with studies. | (1, Almost Always), (2,Always), (3,Never), (4,Often), (5,Seldom), (6,Sometimes), (7,Usually) |
| StgNtFgtRAW | I forget about drinking/hydrating myself unless I feel very thirsty. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| StgNtRplRAW | I pay attention to nutritional replenishment when choosing food and drink to have for my meals. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| StgSlepRAW | I get sufficient sleep to wake up feeling recovered. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| PhyActRAW | I set aside some time for physical activities. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| WkBrkRAW | I autonomously take regular breaks during my workday to renew and recharge. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| PhyTmdRAW | I get physical exercise at designated times. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| FdDaysRAW | My food intake varies, such that I eat a lot some days but eat little on other days. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| BdTimeRAW | I cannot go to bed at a designated time for many reasons. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| OthGrtRAW | I treat people and things around me with gratitude. | (1, Almost Always), (2,Always), (3,Never), (4,Often), (5,Seldom), (6,Sometimes), (7,Usually) |
| OthAprRAW | I directly praise and express appreciation of others. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| NegRecRAW | I quickly overcome the impact of negative emotions. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| EmoCtrlRAW | I appropriately control my emotions. | (1, Almost Always), (2,Always), (3,Never), (4,Often), (5,Seldom), (6,Sometimes), (7,Usually) |
| ColPrspRAW | I try to take a new perspective when I have issues at college. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| LmWrkOnRAW | I look for meaning in what I have learned and worked on. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| AchLmRAW | I seek feelings of satisfaction and achievement while studying and/or working. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| FtrMotRAW | I get motivated by imagining my future self doing work. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| PosEnRAW | I get positive energy for my studies by reading additional material and inspirational stories. | (1, Almost Always), (2,Always), (3,Never), (4,Often), (5,Seldom), (6,Sometimes), (7,Usually) |
| ColPrEnjRAW | I do what I enjoy in my college program. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| ImpThgsRAW | I use some strategies to purposefully reduce or avoid disruptions from outside my studies. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| ActValsRAW | I use some strategies to purposefully reduce or avoid disruptions from outside my studies. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| AvdDisrRAW | I use some strategies to purposefully reduce or avoid disruptions from outside my studies. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| StgAtSwRAW | When I am interrupted during studying, I quickly switch attention back to the task at hand. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| StgRfrshRAW | I do something else to refresh my mind when I find myself studying inefficiently. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |
| EffHrsWkRAW | I arrange my most efficient hours to do the most important work. | (2, Almost Always), (3,Always), (4,Never), (5,Often), (6,Seldom), (7,Sometimes), (8,Usually) |

Break down of each variable:

Dataset 1 & Dataset 2 contain the following same categories for their variables.

Pronouns, Edulevel (I have included both categories), Marital Status, Child, Workhrss, everything from rows 9-35 are the same in data the “rearranged data SPSS file.”