

Appendix 1. Domains Measured by MSLQ and SESRL

MSLQ Subscales

Intrinsic motivation

- In a class like this, I prefer course material that really challenges me so I can learn new things.
- In a class like this, I prefer course material that arouses my curiosity, even if it is difficult to learn.
- The most satisfying thing for me in this course is trying to understand the content as thoroughly as possible.
- When I have the opportunity in this class, I choose course assignments that I can learn from even if they don't guarantee a good grade.

Extrinsic motivation

- Getting a good grade in this class is the most satisfying thing for me right now.
- The most important thing for me right now is improving my overall grade point average, so my main concern in this class is getting a good grade.
- If I can, I want to get better grades in this class than most of the other students.
- I want to do well in this class because it is important to show my ability to my family, friends, employer, or other.

SESRL Subscales

General Organizing and Planning Strategies

- How well can you finish assignments by deadlines?
- How well can you prepare for courses when there are other interesting things to do?
- How well can you concentrate on school subjects?
- How well can you use appropriate resources to get information for class assignments?
- How well can you plan your class work?
- How well can you organize your class work?
- How well can you motivate yourself to do your assignments?
- How well can you set and honor priorities?
- How well can you prioritize your time to complete your work for your classes?
- How often do you re-read the textbook when preparing for a test?
- How often do you fail to plan what you are going to do before beginning a class project?

External Regulation

- How often do you consider the instructor's introductions, objectives, and instructions as essential for your studies?
- How often do you decide you have a command of the subject matter based on completion of all course assignments?
- How often do you study all the subject matter in the same order as addressed in class?
- How often do you study according to the instructor's instructions?
- How often do you rely on the learning goals set by instructors?

Typical Study Strategies

- How well can you summarize course content in your own words?
- How often do you reread your summaries of course material when preparing for a test?
- How often do you reread the notes you took in class when preparing for a test?

Environmental Restructuring

- How well can you arrange a place to study without distractions?
- How often do you fail to turn off the TV/Radio so you can concentrate on what you are doing?
- How often do you fail to isolate yourself from anything that distracts you?
- How often do you study for your courses in a quiet room or area?

Recall Ability

- How well can you remember information presented in class?
- How well can you remember information presented in textbooks?
- How often do you remember the facts and ideas presented in your courses?
- How often do you remember the facts and ideas presented in your courses after the course is completed?