APPENDIX: 10

SELF – REGULATED LEARNING SCALE (SRLS): PILOT STUDY

Dear Students,

Given below are some statements, which reflect your study practices. Read each statement carefully and express how it is true for you by writing the corresponding number among different alternatives given below:-

5. Very Often
4. Often
3. Sometime
2. Rarely
1. Never

Don’t spend much time on any item and don’t leave any item unanswered. This is a survey and not a test. Hence, be frank in your opinion. There is no right or wrong answer. There is no time limit for answering these items. But, normally people take about 45 minutes to complete the task. Now you may start.

Please mark your response in the separate sheet.

1. As I study, I prepare the notes, try to recall them and check the answers.
2. I make use of the workbook at the end of each exercise just to rehearse what I have studied after each section.
3. I ask my friends to put to me questions and try to answer them.
4. I am punctual in doing my homework given by the teacher.
5. I ensure that I have correctly answered the portions when I do my homework by checking it with my elder brother / sister / parents.
6. Before going to my seminar class, I ensure that I have got all the points right by rehearsing it in front of my close friends.
7. After finishing a particular work like homework, essay or even answer to a question in the exam, I check once again if I have left out any points.
8. I compare my present performances with my previous ones to check whether I have improved or worsened the same.
9. I compare the marks I obtain with those obtained by my friends so that I may plan for the next exams in the right direction.
10. I cross check whatever I have read by experimenting upon it practically.
11. I check over each of my work to make sure that I did it right.
12. I completely rehearse the whole part of what I have read before I enter the examination hall.
13. While doing mathematical problems, I do it my own way and cross- check the answers finally even though a worked out example has been provided in the book.
14. I review my test scores with the previous ones.
15. I imagine of an examination setting with a set of questions and try to recall the answers for each of those questions.

16. I rehearse whatever I have read to my parents in order to ensure that I am able to recall whatever I have learnt.

17. After taking a test/examination, I cross check for the answers I have written.

18. I don't believe in looking back into what I have written in the examination.

19. I forget what I have done in the examination after coming out.

20. I do not analyze myself, my strength and weaknesses.

21. I don't review my preparation for the examination.

22. I make an outline before I write the final essay.

23. I understand the overall theme of the subject before I start preparing to understand the text.

24. I go through the text completely and keep in mind the overall general concept before I concentrate on the finer aspects of the subject.

25. While reading the text, I refer the dictionary for better clarity of the words comprising the sentence.

26. I list out the concepts as I read them and understand them in relation to the general concept of the subject.

27. As I study, I keep updating the review notes at the close of each content.

28. I create a summary of the review notes which aids in clearer understanding of the overall content.

29. I make use of a scratch pad/diary to take notes of important points while preparing.

30. I associate the individual concepts which I take down as hints, with related concepts for a more systematic memorizing and learning.

31. I use individual folders, cards and individual paper clips to categorize concepts based on their priorities and groupings.

32. I make use of Roman numbers, serial numbers and alphabetical sequences to classify and organize concepts and hints.

33. I highlight the important points in the text with varying colours based on their classification for organized learning sequence.

34. I make graphical/figurative condensations of the text I have learnt with a view to refer them later during quick review.

35. I find it difficult to organize my daily activities and schedules in a systematic manner.
36. Even though the overall conceptualization and organisation is essential for preparation during exam, I prefer to go part by part.

37. I prepare a lot of notes whenever I read the books so that I can use them during my examinations.

38. Even when I do my homework, I plan everything for the final examination.

39. I aim at standing first in my class.

40. I start studying two weeks before the examination and I pace myself.

41. After receiving the marks of each test, I review them carefully and set myself at a higher target to be obtained in the next test.

42. I create my own study materials for the sake of examination instead of relying on the books.

43. I have definite plans of what I should say after 10 years from now.

44. I prepare a clear time-table (schedule) of all the study activities which I have to carry out for the whole year.

45. I make use of shortcut tips to verify the steps I follow as I work out mathematical problems.

46. I plan and list out all the activities which I have to carry out in a day from morning to night.

47. I consider overall planning of the daily activities is a waste of time.

48. I do not waste my time thinking about a goal as it is anyhow going to take a lot of time to be achieved.

49. I have the habit of seeking the help of my elders for whatever subject I study.

50. Before beginning to write the homework, I go to the library to get as much information as possible concerning the topic.

51. I seek suggestions from the toppers in the class on means of effective preparation for the examination.

52. I don't mind the criticism of my siblings regarding the faults which I make when I read or prepare my homework.

53. I like to take special classes from expert teachers on subjects in which I need additional guidance.

54. Whenever my friends are discussing any subject matter, I stand by the side to gather the important tips from them.

55. I do not take anybody's help in preparing a subject as I do not consider that this is the right means of preparation.

56. I do not expect others to help me, since it might not really serve the purpose.

57. I do not hesitate to approach my teacher, if I face any doubt in my text.
58. I like the practice of reading newspapers and articles which may enrich my knowledge.
59. I go to public lectures where important topics related to my subject are discussed.
60. I read books on different subjects to increase my knowledge.
61. I do not discuss with my friends as it is waste of time.
62. I don't appreciate some people advising me with the do's and dont's.
63. I try it out myself before seeking the help of someone else.
64. I take notes of the class room discussions.
65. I keep a list of the words which I get wrong.
66. I refer the dictionary if I am not sure of a particular word that I am reading.
67. I make use of modern equipment like personal organizers to remind me of the dates to prepare my notes.
68. I have a daily schedule and try to stick to it.
69. During the time of examination, I review my old answer sheets to trace the mistakes I have committed.
70. I am very cautious of what I am talking while addressing a class.
71. I consider that listing out notes in the classroom as a waste of time.
72. I have a separate list for formulae and equations which I can use for quick reference.
73. I dislike those friends, who are not sincere in their work.
74. I take hints while reading a text.
75. In case of my absence from the class for any reason, I take the notes given by the teacher the very next day.
76. I follow a regular schedule to achieve success.
77. While reading a text, I have the habit of underlining those important points which will help me later during my preparations.
78. I don't prepare a schedule of studying pattern as I may not be able to stick to the timings in the schedule.
79. I spend a lot of time in preparing a time table and collecting notes which I am unable to use.
80. I turn off the radio so that I can concentrate on what I am doing.
81. I make all preparations for my examination during the night when there is no one to disturb me.
82. I call on my friends to discuss the subject and have group discussions for test preparation.
83. I am motivated by calm and relaxed atmosphere for my studies.
84. I go to the park which is very quiet to make my examination preparation.
85. I don't mind children shouting around in my house even during my study time.
86. I prefer a noisy environment instead of quiet place.
87. I hate people disturbing me during my studies.
88. Whenever I find my house noisy due to visitors, I prefer to go to my friend's house which is quieter.
89. I bolt the room from inside preventing anyone coming inside while I sit for my study.
90. I treat myself to a movie on doing well in a test.
91. I take it very positively to improve myself if somebody criticises me on certain aspects.
92. Whenever I feel that I have completed my homework within the prescribed time, I give myself an off for some time by watching television.
93. I consider that there is no use in praising oneself when the final eventualities are based on one's fate.
94. I have the habit of praising myself if I feel that I have achieved what I wanted to.
95. I give pep-up talks to myself on completion of specified talks successfully.
96. In preparing for math test, I keep writing the formula down until I remember it.
97. I do repeated reading to make sure that I am thorough in a particular subject.
98. I use some sort of coding mechanism even when I am preparing for descriptive essays.
99. I keep studying the texts every day in order to ensure that I do not forget them during the examination.
100. If I have problems with math assignments, I ask a friend to help me.
101. I do not hesitate to take the advice of my neighbour who is a good teacher.
102. I prefer group discussions as it would help me getting the views of my friends who are good at certain subjects.
103. I take the advice of my relative who is very knowledgeable in many subjects.
104. I ask for advice, when I have to take a decision.
105. I believe people could do a lot more for me if they wanted to.
106. I don't need other people to make me feel good.
107. I am pained if some one disproves me.
108. I am quick to agree with the opinions expressed by others.
109. I rely on myself.
I get upset when someone discovers a mistake I have made.

It is hard for me to ask someone for a favour.

I hate people offering me sympathy.

I don't need much help from other people.

When preparing for a test, I review my notes.

Before entering the examination hall, I skim through the important point that have jotted down in the subject.

I create a summary of the review notes which aids in clearer understanding of the overall count.

I make a comparison of the question papers of previous years, while preparing for my examinations.