APPENDIX: 11

SELF - REGULATED LEARNING SCALE (SRLS): FINAL 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 15 minutes to complete the task. You are provided with a separate response sheet wherein you have to give your responses to the different items. Please, don’t write anything in the reusable booklet.

1. I ask my friends to put to me questions and try to answer them.
2. 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.
3. I check over each of my work to make sure that I did it right.
4. I review my test scores with the previous ones.
5. I go through the text completely and keep in mind the overall general concept before I concentrate on the finer aspects of the subject.
6. I create a summary of the review notes which aids in clearer understanding of the overall content.
7. I use individual folders, cards and individual paper clips to categorize concepts based on their priorities and groupings.
8. I find it difficult to organize my daily activities and schedules in a systematic manner.
9. I prepare a lot of notes whenever I read the books so that I can use them during my examinations.
10. 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.
11. I plan and list out all the activities which I have to carry out in a day from morning to night.
12. I consider overall planning of the daily activities is a waste of time.
13. I don't mind the criticism of my siblings regarding the faults which I make when I read or prepare my homework.
Whenever my friends are discussing any subject matter, I stand by the side to gather the important tips from them.

I do not hesitate to approach my teacher, if I face any doubt in my text.

I go to public lectures where important topics related to my subject are discussed.

I have a daily schedule and try to stick to it.

During the time of examination, I review my old answer sheets to trace the mistakes I have committed.

I have a separate list for formulae and equations which I can use for quick reference.

I take hints while reading a text.

I call on my friends to discuss the subject and have group discussions for test preparation.

I go to the park which is very quiet to make my examination preparation.

I hate people disturbing me during my studies.

Whenever I find my house noisy due to visitors, I prefer to go to my friend's house which is quieter.

I take it very positively to improve myself if somebody criticises me on certain aspects.

Whenever I feel that I have completed my homework within the prescribed time, I give myself an off for some time by watching television.

I consider that there is no use in praising oneself when the final eventualities are based on one's fate.

I have the habit of praising myself if I feel that I have achieved what I wanted to.

In preparing for math test, I keep writing the formula down until I remember it.

I do repeated reading to make sure that I am thorough in a particular subject.

I use some sort of coding mechanism even when I am preparing for descriptive essays.

I keep studying the texts every day in order to ensure that I do not forget them during the examination.

I do not hesitate to take the advice of my neighbour who is a good teacher.

I prefer group discussions as it would help me getting the views of my friends who are good at certain subjects.

I believe people could do a lot more for me if they wanted to.

I get upset when someone discovers a mistake I have made.

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.
**SCORING PROCEDURE**

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<th>For Positive Items</th>
<th>For Negative Items</th>
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<td><strong>Response</strong></td>
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**Item numbers 8, 12, 27 & 36 are negative items.**