

# The Self-regulated Online Learning Questionnaire Revised

## Metacognitive activities before learning

1. I think about what I really need to learn before I begin a task in this online course.
2. I ask myself questions about what I am to study before I begin to learn for this online course.
3. I set short-term (daily or weekly) goals as well as long-term goals (monthly or for the whole online course).
4. I set goals to help me manage my studying time for this online course.
5. I set specific goals before I begin a task in this online course.
6. I think of alternative ways to solve a problem and choose the best one in this online course.
7. At the start of a task I think about the study strategies I will use.

## Metacognitive activities during learning

8. When I study for this online course I try to use strategies that have worked in the past.
9. I have a specific purpose for each strategy I use in this online course.
10. I am aware of what strategies I use when I study for this online course.
11. I change strategies when I do not make progress while learning for this online course.
12. I periodically review to help me understand important relationships in this online course.
13. I find myself pausing regularly to check my comprehension of this online course.
14. I ask myself questions about how well I am doing while learning something in this online course.

## Metacognitive activities after learning

15. I think about what I have learned after I finish working on this online course.
16. I ask myself how well I accomplished my goals once I'm finished working on this online course.
17. After studying for this online course I reflect on what I have learned.
18. I find myself analyzing the usefulness of strategies after I studied for this online course.
19. I ask myself if there were other ways to do things after I finish learning for this online course.
20. After learning for this online course, I think about study strategies I used.

## Time management

21. I make good use of my study time for this online course.
22. I find it hard to stick to a study schedule for this online course.
23. I make sure I keep up with the weekly readings and assignments for this online course.
24. I often find that I don't spend very much time on this online course because of other activities.
25. I allocate studying time for this online course.

## Environmental structuring

26. I choose the location where I study for this online course to avoid too much distraction.
27. I find a comfortable place to study for this online course.
28. I know where I can study most efficiently for this online course.
29. I have a regular place set aside for studying in this online course.

### **Persistence**

30. When I am feeling bored studying for this online course, I force myself to pay attention.
31. When my mind begins to wander during a learning session for this online course, I make a special effort to keep concentrating.
32. When I begin to lose interest for this online course, I push myself even further.
33. I work hard to do well in this online course even if I don't like what I have to do.
34. Even when materials in this online course are dull and uninteresting, I manage to keep working until I finish.
35. Even when I feel lazy or bored when I study for this online course, I finish what I planned to do.
36. When work is difficult in this online course, I continue to keep working.

### **Help seeking**

37. When I do not fully understand something, I ask other course members in this online course for ideas.
38. I share my problems with my classmates in this course online so we know what we are struggling with and how to solve our problems.
39. I am persistent in getting help from the instructor of this online course.
40. When I am not sure about some material in this online course, I check with other people.
41. I communicate with my classmates to find out how I am doing in this online course.
42. When I have trouble learning, I ask for help.

Items are answered on a 7-point Likert scale, ranging from “not at all true for me” (= 1) to “very true for me” (= 7). All items are presented in randomized order.