

Supplementary Materials S3: Survey Materials

1. Demographics & Experiment Survey.

1. What is your sex?

Please circle one of the following:

- a. Male
- b. Female
- c. Other (please specify) _____

Please give a brief statement for the following questions.

1. Do you know anyone else in the study?

2. This experiment was 1.5 hours, did you feel it was too long?

3. Do you feel extremely fatigued after completing this experiment?

4. What is your ethnicity?

Please circle one of the following:

- a. White/European American
- b. Black/African American
- c. East Asian/East Asian American
- d. South Asian/South Asian American
- e. Latino/Hispanic American
- f. Native/American Indian
- g. Middle Eastern/Arab American
- h. Other (please specify) _____

5. What is your age? _____

6. Please report your:

verbal SAT score _____

quantitative SAT score _____

writing SAT _____

7. What is your current GPA? _____

8. Please use the scale below to answer the following. Write the number that best characterizes you beside each statement.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree

_____ 1. Being good at academics is an important part of who I am.

_____ 2. Doing well on intellectual tasks is very important to me.

_____ 3. Doing well on intellectual tasks in the science/technology domain is very important to me.

_____ 4. Doing well on intellectual tasks in the quantitative/mathematics domain is very important to me.

_____ 5. Doing well on intellectual tasks in the verbal domain is very important to me.

_____ 6. Doing well on intellectual tasks that involve writing is very important to me.

_____ 7. Academic success is not very valuable to me.

_____ 8. I feel that standardized achievement tests are definitely biased against me.

2. Personality Survey - Big Five Inventory.

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who *likes to spend time with others*? Please write a number next to each statement to indicate the extent to which **you agree or disagree with that statement.**

1	2	3	4	5
Disagree Strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly

I am someone who...

- | | |
|--|--|
| 1. _____ Is talkative | 20. _____ Has an active imagination |
| 2. _____ Tends to find fault with others | 21. _____ Tends to be quiet |
| 3. _____ Does a thorough job | 22. _____ Is generally trusting |
| 4. _____ Is depressed, blue | 23. _____ Tends to be lazy |
| 5. _____ Is original, comes up with new ideas | 24. _____ Is emotionally stable, not easily upset |
| 6. _____ Is reserved | 25. _____ Is inventive |
| 7. _____ Is helpful and unselfish with others | 26. _____ Has an assertive personality |
| 8. _____ Can be somewhat careless | 27. _____ Can be cold and aloof |
| 9. _____ Is relaxed, handles stress well. | 28. _____ Perseveres until the task is finished |
| 10. _____ Is curious about many different things | 29. _____ Can be moody |
| 11. _____ Is full of energy | 30. _____ Values artistic, aesthetic experiences |
| 12. _____ Starts quarrels with others | 31. _____ Is sometimes shy, inhibited |
| 13. _____ Is a reliable worker | 32. _____ Is considerate and kind to almost everyone |
| 14. _____ Can be tense | 33. _____ Does things efficiently |
| 15. _____ Is ingenious, a deep thinker | 34. _____ Remains calm in tense situations |
| 16. _____ Generates a lot of enthusiasm | 35. _____ Prefers work that is routine |
| 17. _____ Has a forgiving nature | 36. _____ Is outgoing, sociable |
| 18. _____ Tends to be disorganized | 37. _____ Is sometimes rude to others |
| 19. _____ Worries a lot | |

- 38. _____ Makes plans and follows through with them
- 39. _____ Gets nervous easily
- 40. _____ Likes to reflect, play with ideas
- 41. _____ Has few artistic interests
- 42. _____ Likes to cooperate with others
- 43. _____ Is easily distracted
- 44. _____ Is sophisticated in art, music, or literature

C.3. Mindset Scale & Beliefs Questionnaire

Please write a number next to each statement to indicate the extent to which **you agree or disagree with that statement.**
(Note. Some items on this scale are rephrased to redact actual universities and protect students' privacy).

1	2	3	4	5	6
Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree

____ 1. Your intelligence is something about you that you can't change very much.

____ 2. You have a certain amount of intelligence and you really can't do much to change it.

____ 3. Feel that your voice is heard?

____ 4. Feel confident in expressing your views on important matters?

____ 5. Feel that your opinions and decisions are important and should matter?

____ 6. Identify or relate with your university?

____ 7. Identify or relate to other students at your university?

____ 8. Feel that your preferences and opinions matter in university decisions?

C.4. Grit Scale

Please respond to the following 8 items. Be honest – there are no right or wrong answers!

Next to each statement please write the number that corresponds to the item that best describes you.

1	2	3	4	5
Not like me at all	Not much like me	Somewhat like me	Mostly like me	Very much like me

____ New ideas and projects sometimes distract me from previous ones.

____ Setbacks (delays and obstacles) don't discourage me.

____ I have been obsessed with a certain idea or project for a short time but later lost interest.

____ I am a hard worker.

____ I often set a goal but later choose to pursue (follow) a different one.

____ I have difficulty maintaining (keeping) my focus on projects that take more than a few months to complete.

____ I finish whatever I begin.

____ I am diligent (hard working and careful).

C.5. Anxiety Scale

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the most appropriate number to the right of the statement to indicate how you feel right now, at this moment.

There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

	Not at all	Somewhat	Moderately	Very much
1. I feel calm	1	2	3	4
2. I feel tense	1	2	3	4
3. I feel upset	1	2	3	4
4. I am relaxed	1	2	3	4
5. I feel content	1	2	3	4
6. I am worried	1	2	3	4

Please make sure you have answered all the questions.