

Motivational orientations in higher education – supplementary material

Table S1.

Motivational orientation subscales

Please choose the alternative that best describes your situation (estimation from previous month)

1 = Never – 5 = Very often

Task approach

1. When studying, I set personal goals for myself.
2. While studying, I aim to test my knowledge in various ways.
3. I do more than is required of me in the courses.
4. It's not enough for me to get a good grade on an exam; I really want to understand things.
5. I am eager to try to solve task so that I can learn more.
6. When studying, I try to connect new things to what I have previously learned.
7. Embracing the intellectual challenge that comes with studying brings me satisfaction.

Self-efficacy beliefs

8. When I am studying, I feel competent to achieve my goals.
9. I feel confident that I can do things well on my study.
10. I manage my own learning success [grades].
11. When I get ready to start a task, I am usually certain that I will succeed in it.

Social belonging

12. I feel I belong to the student community.
13. I feel close and connected with other people who are important to me.
14. I experience a warm feeling with the people that I study with.

Task irrelevant behavior

15. What often occurs is that I find something else to do when I have a difficult task in front of me.
16. I postpone the approach of task demands.
17. If I face a difficult task, I will find that I am not trying seriously.
18. Typically, I postpone the start of the performance

Activating of challenging emotions

19. In lectures I often worry that I don't understand or that I don't know the right answers.

20. Pressure of study assignments, with deadlines, creates stressful situations for me.

21. I always worry about failing in tests and exams.

22. During classes or tests, I often worry that I do worse than the other students.

Minimal effort

23. I try to get away with as little effort as possible in my studies.

24. I am particularly satisfied if I don't have to work much for my studies.

25. I always try to do nothing more than just the required study.

Engagement and burnout in higher education – supplementary material

Table S2.

Study Engagement Inventory

Please choose the alternative that best describes your situation (estimation from previous month)

1 = Completely disagree – 6 = Strongly agree

1. When studying, I feel bursting with energy.
2. I find studying full of meaning and purpose.
3. Time flies when I am studying.
4. When studying, I feel strong and vigorous.
5. I am enthusiastic about my studies.
6. When studying, I forget everything else around me.
7. Studying inspires me.
8. When I get up in the morning, I look forward to studying.
9. I feel happy when I am studying intensively

Engagement and burnout in higher education – supplementary material

Table S3.

Study Burnout Inventory

Please choose the alternative that best describes your situation (estimation from previous month).

1 = Completely disagree – 6= Completely agree

1. I feel overwhelmed by studying
 2. I feel a lack of motivation in studying and often think of giving up
 3. I often have feelings of inadequacy when studying
 4. I often sleep badly because of matters related to studying
 5. I feel that I am losing interest in studying
 6. I'm continually wondering whether studying has any meaning
 7. I brood a lot over matters related to studying during my free time
 8. I used to have higher expectations of studying than I do now
 9. The pressure of studying is causing me problems in my close relationships with others
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