

Appendix: *Survey Key*

1 = “strongly disagree”

5 = “neutral”

9 = “strongly agree”

Intrinsic and extrinsic motivation

1. The main reason I study and complete assignments in school is to receive good grades.
2. I study because I want to learn new concepts and skills.
3. I find the topics introduced in my courses to be interesting.
4. I prioritize performing well on tests over fully understanding course content.
5. I work hard in school in order to improve myself.

Academic competence as a contingency of self-worth

1. My academic performance influences my self-esteem.
2. I feel better about myself when I know I'm doing well in school.
3. Receiving poor test scores and grades hurts my self-esteem.

Attitudes toward college

Perceived college importance subscale

1. I feel that college is one of the most important milestones in my life.
2. College matters a lot to me.
3. It is important to me that I get into a good college.

College-oriented motivation subscale

1. Thinking about college is what motivates me most.
2. I take challenging classes in order to show colleges that I am a rigorous student.

3. I participate in various activities outside of school in order to impress colleges.
4. I put effort into academics because I want colleges to see that I am a good student.
5. I work hard in school because doing so will help me achieve my college and career goals.