

## Self-regulated online learning scale (EAREL)

This questionnaire aims to find out more about your online working methods, the ones you usually use to study a course, complete assignments or prepare for an exam. There is no right answer, everyone has their own way of doing things and there are several methods that can lead to success. Read each sentence carefully and answer, on the scale opposite, by circling a number from 1 = not at all to 7 = very much so.

not at all	very few	a little	medium	quite	strongly	Very much so
1	2	3	4	5	6	7

[strongly disagree]<-----> [totally agree]

### Your online working methods

01	When I study an online course, I start by taking notes from the various documents provided.	1	2	3	4	5	6	7
02	It is very difficult for me to make a work schedule for my online activities and stick to it.	1	2	3	4	5	6	7
03	I know where I can study most effectively for online courses.	1	2	3	4	5	6	7
04	I go to the forums to share my problems with other students.	1	2	3	4	5	6	7
05	When I am really confused about how to do my online courses, I ask other students for advice.	1	2	3	4	5	6	7
06	I choose a time when I don't think I'll be too distracted to study on my online courses.	1	2	3	4	5	6	7
07	On my online activities, getting to work usually requires a lot of effort.	1	2	3	4	5	6	7
08	When I have an online course to study, I imagine when I should do it to be most effective	1	2	3	4	5	6	7
09	I try to make the content of the online courses my own by taking notes.	1	2	3	4	5	6	7
10	I discuss with other students some unclear points of the course	1	2	3	4	5	6	7

11	I put myself in a comfortable place to study online.	1	2	3	4	5	6	7
12	I can't motivate myself to work on my online courses.	1	2	3	4	5	6	7
13	I exchange with the other students to see if we have understood the same thing.	1	2	3	4	5	6	7
14	I make short summaries or diagrams to organise knowledge when studying an online course.	1	2	3	4	5	6	7
15	I find it hard to stay focused and follow through when studying an online course.	1	2	3	4	5	6	7
16	To study online, I choose a place that protects me from distractions.	1	2	3	4	5	6	7
17	I go on social networks to share my problems with other students.	1	2	3	4	5	6	7
18	I make a summary of what I have learned in the online courses to check my understanding of the courses.	1	2	3	4	5	6	7
19	On my online activities, I often feel so bored thinking about the work I have to do that I can't get started.	1	2	3	4	5	6	7
20	I arrange the place where I go to study online so that it is pleasant.	1	2	3	4	5	6	7
21	I copy the parts of the documents that I find interesting to include in my notes.	1	2	3	4	5	6	7
22	When I study an online course, I read my notes over and over again to help me remember the content.	1	2	3	4	5	6	7
23	On my online activities I keep putting off studying and do everything at the last moment regardless of the subject.	1	2	3	4	5	6	7
24	I talk to other students about how to do the online courses.	1	2	3	4	5	6	7

**Coding :**

Procrastination (PROC) → reversed/contrary items (PROC(r)): items 2, 7, 12, 15, 19, 23

Control of the learning context (CTXTE): items 3, 6, 8, 11, 16, 20

Learning strategies (STRAT): items 1, 9, 14, 18, 21, 22

Peer support (PAIRS): items 4, 5, 10, 13, 17, 24

***Please use this reference to cite the Self-Regulated Online Learning Ladder (SRL)***

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