Emotion and Motivation Self-Regulation Questionnaire (EMSR-Q)

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We are trying to understand what goes through the minds of learners while they study. Our purpose is to determine what instructional scaffolds we shall offer to students to facilitate their learning. Therefore, we ask you to point out **to what degree thoughts like the ones below cross your mind when you are performing academic assignments**. Using the following scale:

1	**2**	**3**	**4**	**5**
Strongly disagree	Disagree	Neutral	Agree	Strongly agree

1	This is not worth my time...Let's try to finish it as soon as possible	1	2	3	4	5
2	I'm very tired...Well, I have to continue to pass	1	2	3	4	5
3	What a stressful task! I'm doing it wrong…It's so difficult!	1	2	3	4	5
4	This is going OK!…I seem to understand it	1	2	3	4	5
5	How difficult, but how interesting!...I have to understand how to do it	1	2	3	4	5
6	This task is a complete waste of time!	1	2	3	4	5
7	I must go on…If I don't, I'll fail	1	2	3	4	5
8	This is so difficult... I am not going to be able to make it right	1	2	3	4	5
9	Calm down…"Do not hurry, do not stop"… You'll get it	1	2	3	4	5
10	This is not right…I'm going to check it step by step	1	2	3	4	5
11	Such long instructions! They only make me confused	1	2	3	4	5
12	What a mess! Well...Go on...If you don't you won't pass the exam	1	2	3	4	5
13	I am not good at this. If I could, I would give up.	1	2	3	4	5
14	Well…It seems that with every attempt I'm doing better…	1	2	3	4	5
15	How complicated!... Well, I'll go on... it is important to learn how to solve it	1	2	3	4	5
16	What a boring task! Let's see if I can finish and leave	1	2	3	4	5
17	What a tiring task!... But I have to pass... Let's continue	1	2	3	4	5
18	I am getting nervous… I'm not able to do it	1	2	3	4	5
19	How interesting! I think I understand it	1	2	3	4	5
20	Here was the mistake! Excellent! Next time I will know how to do it	1	2	3	4	5

More information: www.ernestopanadero.es