

## **Online Self-Regulated Learning Questionnaire (OSLQ) (Barnard et al., 2009)**

### **Goal Setting**

Item GS1: I set standards for my assignments in online courses.

Item GS2: I set short-term (daily or weekly) goals as well as long-term goals (monthly or for the semester).

Item GS3: I keep a high standard for my learning in my online courses.

Item GS4: I set goals to help me manage study time for my online courses.

Item GS5: I don't compromise the quality of my work because it is online.

### **Environment Structuring**

Item ES1: I choose the location where I study to avoid too much distraction.

Item ES2: I find a comfortable place to study.

Item ES3: I know where I can study most efficiently for online courses.

Item ES4: I choose a time with few distractions for studying for my online courses.

### **Task Strategies**

Item TS1: I try to take more thorough notes for my online courses because notes are even more important for learning online than in a regular classroom.

Item TS2: I read aloud instructional materials posted online to fight against distractions.

Item TS3: I prepare my questions before joining in discussion forum.

Item TS4: I work extra problems in my online courses in addition to the assigned ones to master the course content.

### **Time Management**

Item TM1: I allocate extra studying time for my online courses because I know it is time-demanding.

Item TM2: I try to schedule the same time every day or every week to study for my online courses, and I observe the schedule.

Item TM3: Although we don't have to attend daily classes, I still try to distribute my studying time evenly across days.

### **Help-Seeking**

Item HS1: I find someone who is knowledgeable in course content so that I can consult with him or her when I need help.

Item HS2: I share my problems with my classmates online, so we know what we are struggling with and how to solve our problems.

Item HS3: If needed, I try to meet my classmates face-to-face.

Item HS4: I am persistent in getting help from the instructor through e-mail.

### **Self-Evaluation**

Item SE1: I summarize my learning in online courses to examine my understanding of what I have learned.

Item SE2: I ask myself a lot of questions about the course material when studying for an online course.

Item SE3: I communicate with my classmates to find out how I am doing in my online classes.

Item SE4: I communicate with my classmates to find out what I am learning that is different from what they are learning

**Reference:**

Barnard, L., Lan, W. Y., To, Y. M., Paton, V. O., & Lai, S.-L. (2009). Measuring self-regulation in online and blended learning environments. *The Internet and Higher Education, 12*(1), 1–6. <http://dx.doi.org/10.1016/j.iheduc.2008.10.005>