'Self-Regulating Capacity in Vocabulary Learning' scale (SRCvoc) English Version of the Instrument

Dear Fellow Students,

This is an educational research project about learning vocabulary. Below is a series of statements about your learning experience of vocabulary. We would like to know how far these statements match your own perceptions, that is, your personal view. There are no 'right' or 'wrong' answers. Moreover, the data we collect are for research purposes and your opinions will be respected and kept confidential.

There are twenty items in total in the questionnaire. Please tick the appropriate box concerning your personal vocabulary learning experience. Thank you very much for your cooperation!

		Strongly Agree	Agree	Partly Agree	Slightly Disagree	Disagree	Strongly Disagree
1.	Once the novelty of learning vocabulary is gone, I easily become impatient with it.						
2.	When I feel stressed about vocabulary learning, I know how to reduce this stress.						
3.	When I am studying vocabulary and the learning environment becomes unsuitable, I try to sort out the problem.						
4.	When learning vocabulary, I have my special techniques to achieve my learning goals.						
5.	When learning vocabulary, I have my special techniques to keep my concentration focused.						
6.	I feel satisfied with the methods I use to reduce the stress of vocabulary learning.						
7.	When learning vocabulary, I believe I can achieve my goals more quickly than expected.						
8.	During the process of learning vocabulary, I feel satisfied with the ways I eliminate boredom.						
9.	When learning vocabulary, I think my methods of controlling my concentration are effective.						
10.	When learning vocabulary, I persist until I reach the goals that I make for myself.						
11.	When it comes to learning vocabulary, I have my special techniques to prevent procrastination.						
13.	I believe I can overcome all the difficulties related to achieving my vocabulary learning goals.						
14.	When learning vocabulary, I know how to arrange the environment to make learning more efficient.						
15.	When I feel stressed about my vocabulary learning, I cope with this problem immediately.						
16.	When it comes to learning vocabulary, I think my methods of controlling procrastination are effective.						
17.	When learning vocabulary. I am aware that the learning environment	_	_	_	_	_	

	matters.											
	During the process of learning vocabulary, I am confident that I can overcome any sense of boredom.											
	When feeling bored with learning vocabulary, I know how to regulate											
	my mood in order to invigorate the learning process.											
	When I feel stressed about vocabulary learning, I simply want to give up.				Ц	Ц						
20.	When I study vocabulary, I look for a good learning environment.											
CHINESE VERSION OF THE INSTRUMENT												
親愛	色的同學:											
	這是一份有關英文單字教育專題研究的問卷,請細閱下	列名	題	頁的	文字	Z描	述,	以				
個人	、的理解及經驗去回答。研究者只希望聽取您的寶貴意見	, _□	應	中是	沒有	f任	何對	錯				
),您的意見將會被尊重和保密,所收錄的數據只供學術											
	I 關係,敬請放心作答。	7171	ر	13	/\\\	G 1 1/	201120	<i>/</i>				
ا حل ا												
本問卷題本共有 <u>二十題</u> 。請您就您個人在單字學習上的學習經驗,在適當的「□」內打「 ˙ 」。謝謝您的合作!												
		非	回	有	有	不	非					
		常	意	些	些	司	常					
		同		同	不	意	不					
		意		意	同		同					
1					意		意					
	一旦當初背單字的新鮮感不見了,我就很容易變得很不耐煩, 不想繼續背下去。											
	个思繼續頁下去。 當我覺得背單字壓力很大時,我知道如何減輕壓力。											
	在背單字時,一旦學習環境變得不適合念書,我會試著尋求											
	解決之道。											
	7.7.7.2.2.2.2.2.2.2.2.2.2.2.2.2.2.2.2.2											
	在背單字時,我有讓自己專心的秘訣。-											
	我對於減輕自己背單字壓力所用的方式,感到滿意。											
7.	在背單字的時候,我相信自己有能力能夠提早達成自己所訂											
	定的學習目標。											
	我背單字背得很煩的時候,我對於用來擺脫這種心情的方式,											
	感到滿意。											
	在背單字時,我覺得讓自己專心的方法很有效。											
	背單字的時候,我會努力不懈,以達到自己所定下的字數目標。 要背單字的時候,我有讓自己不會推拖延遲的秘訣。											
	安国单子的时候,找有議自己不曾推把延遲的秘訣。 當我覺得背單字壓力很大時,我就會想放棄。											
	虽我复侍耳单子座刀很入时,我就曾忠成某。 我相信我能克服各種困難來達成單字學習目標。											
	我们后我能先旅台僅凶無不達灰事于学自日保。 背單字時,我能夠佈置念書的環境,好讓學習更有效率。											
	當我覺得背單字的壓力很大時,我會馬上處理這個問題。											
	要背單字的時候,我覺得我讓自己不拖拖拉拉的方法很有效。											
17.	背單字時,我會對於學習環境很在乎。											
	我背單字背得很煩的時候,我有信心來擺脫這種心情。											
	我背單字背得很煩的時候,我知道如何調整心情,以便重新											
	出發。 在背單字時,我會選擇合適的學習環境。											
20.	但月平丁叫 "从自发]并口旭叫子日松况 "							1				

THE QUESTIONNAIRE ITEMS GROUPED ACCORDING TO THE FIVE CONSTITUENT SCALES

Commitment control (Items 4, 7, 10, 13)

- When learning vocabulary, I have my special techniques to achieve my learning goals.
- When learning vocabulary, I believe I can achieve my goals more quickly than expected.
- When learning vocabulary, I persist until I reach the goals that I make for myself.
- I believe I can overcome all the difficulties related to achieving my vocabulary learning goals.

Metacognitive control (Items 5, 9, 11, 16)

- When learning vocabulary, I have my special techniques to keep my concentration focused.
- When learning vocabulary, I think my methods of controlling my concentration are effective.
- When it comes to learning vocabulary, I have my special techniques to prevent procrastination.
- When it comes to learning vocabulary, I think my methods of controlling procrastination are effective.

Satiation control (Items 1, 8, 18, 19)

- Once the novelty of learning vocabulary is gone, I easily become impatient with it.
- During the process of learning vocabulary, I feel satisfied with the ways I eliminate boredom.
- During the process of learning vocabulary, I am confident that I can overcome any sense of boredom.
- When feeling bored with learning vocabulary, I know how to regulate my mood in order to invigorate the learning process.

Emotion control (Items 2, 6, 12, 15)

- When I feel stressed about vocabulary learning, I know how to reduce this stress.
- I feel satisfied with the methods I use to reduce the stress of vocabulary learning.
- When I feel stressed about vocabulary learning, I simply want to give up.
- When I feel stressed about my vocabulary learning, I cope with this problem immediately.

Environment control (Items 3, 14, 17, 20)

- When I am studying vocabulary and the learning environment becomes unsuitable, I try to sort out the problem.
- When learning vocabulary, I know how to arrange the environment to make learning more efficient.
- When learning vocabulary, I am aware that the learning environment matters.
- When I study vocabulary, I look for a good learning environment.