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**Appendix**

**Appendix A: 17-Item Grit Score Questionnaire and Scoring Scale**

Directions for taking the Grit Scale: Please respond to the following 17 items. Be honest – there are no right or wrong answers!						
	Item	Very much like me	Mostly like me	Somewhat like me	Not much like me	Not like me at all
1	I aim to be the best in the world at what I do					
2	I have overcome setbacks to conquer an important challenge					
3	New ideas and projects sometimes distract me from previous ones					
4	I am ambitious					
5	My interests change from year to year					
6	Setbacks don't discourage me					
7	I have been obsessed with a certain idea or project for a short time but later lost interest					
8	I am a hard worker					
9	I often set a goal but later choose to pursue a different one					
10	I have difficulty maintaining my focus on projects that take more than a few months to complete					
11	I finish whatever I begin					
12	Achieving something of lasting importance is the highest goal in life					
13	I think achievement is overrated					
14	I have achieved a goal that took years of work					
15	I am driven to succeed					
16	I become interested in new pursuits every few months					
17	I am diligent					
<p>*For questions 1, 2, 4, 6, 8, 11, 12, 14, 15, and 17, assign the following points: 5 = Very much like me, 4 = Mostly like me, 3 = Somewhat like me, 2 = Not much at all like me, 1 = Not like me at all</p> <p>**For questions 3, 5, 7, 9, 10, 13, and 16 assign the following points: 1 = Very much like me, 2 = Mostly like me, 3 = Somewhat like me, 4 = Not much at all like me, 5 = Not like me at all</p>						

- Consistency of Interest subscale is calculated as the average score for items 3, 5, 7, 9, 10, and 16.
- Perseverance of Effort subscale is calculated as the average score for items 2, 6, 8, 11, 14, and 17
- The Brief Grit Scale score is calculated as the average score of items 3, 6, 7, 8, 9, 10, 11, and 17
- Ambition is calculated as the average score for items 1, 4, 12, 13, and 15

**Appendix B: 10-Item Self-Control Questionnaire and Scoring Scale**

First, please read the following 10 statements and for each, check the box that best represents you						
	Item	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
1	I have a hard time breaking bad habits	5	4	3	2	1
2	I get distracted easily	5	4	3	2	1
3	I say inappropriate things	5	4	3	2	1
4	I refuse things that are bad for me, even if they are fun	1	2	3	4	5
5	I'm good at resisting temptation	1	2	3	4	5
6	People would say that I have very strong self-discipline	1	2	3	4	5
7	Pleasure and fun sometimes keep me from getting work done	5	4	3	2	1
8	I do things that feel good in the moment but regret later on	5	4	3	2	1
9	Sometimes I can't stop myself from doing something, even if I know it is wrong	5	4	3	2	1
10	I often act without thinking through all the alternatives	5	4	3	2	1

Next, add up all the points for the checked boxes and divide by 10. The maximum score on this scale is 5 (extremely self-controlled), and the lowest scale on this scale is 1 (not at all self-controlled).

**Appendix C: 9-Item Conscientiousness Questionnaire and Scoring Scale**

How I am in general				
<p>Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who <i>likes to spend time with others</i>? Please write a number next to each statement to indicate the extent to which <b>you agree or disagree with that statement.</b></p>				
1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree strongly
I am someone who...				
1	Does a thorough job			_____
2	Can be somewhat careless			_____
3	Is a reliable worker			_____
4	Tends to be disorganized			_____
5	Tends to be lazy			_____
6	Perseveres until the task is finished			_____
7	Does things efficiently			_____
8	Makes plans and follows through with them			_____
9	Is easily distracted			_____
**Items 2, 4, 5, and 9 are scored in reverse				