

# Supplemental Material

*CBE—Life Sciences Education*

Jordt *et al.*

# Supplemental Materials

## Student exercises (treatment and control)

Our intervention was closely modeled off a values affirmation exercise originally developed for middle school students (Cohen *et al.*, 2006) with slight variations to make the task more age-appropriate. Prior to distribution, the exercise was tested for clarity and timing on a focus group consisting of volunteer undergraduates recruited from an on-campus tutoring center.

### Treatment exercise

#### Writing Exercise

In this assignment you will be answering several questions about your ideas, beliefs, and life. There are no right or wrong answers; instead, participation points will be awarded based on effort.

#### Question 1.

Please read over this list of personal values carefully, and think about each of the values.

Then select **two or three** values that are MOST important to you.

The **most** important values to me are: (select **two or three**)

Athletic Ability

Confidence

Creativity

Empathy

Independence

Leadership

Membership in a Social Group (such as your community, ethnic group, or school club)

Music

Patience

Perseverance

Politics or Government

Relationships with Friends or Family

Religious or Spiritual Values

Sense of Humor

## **Question 2.**

Directions:

1. Consider times when the values you chose were or would be very important to you.
2. In a few paragraphs, answer the question: "**Why are these values important to you?**". You may include examples of personal experiences in your response.

### **Question 3.**

Again, consider the values you picked as most important. List the top two reasons why these values are important to you:

- 1.
- 2.

### **Question 4.**

Indicate your level of agreement with each of the following statements.

*(Responses on a likert scale: Strongly Disagree, Disagree, Somewhat Disagree, Somewhat Agree, Agree, Strongly Agree)*

1. The values I selected have influenced my life.
2. In general, I try to live up to the values I selected.
3. The values I selected are an important part of who I am.
4. I care about the values I selected.

## **Control exercise**

### **Writing Exercise**

In this assignment you will be answering several questions about your ideas, beliefs, and life. There are no right or wrong answers; instead, participation points will be awarded based on effort.

### **Question 1.**

Please read over this list of personal values carefully, and think about each of the values.

Then select **two or three** values that are LEAST important to you.

The **least** important values to me are: (select **two or three**)

Athletic Ability

Confidence

Creativity

Empathy

Independence

Leadership

Membership in a Social Group (such as your community, ethnic group, or school club)

Music

Patience

Perseverance

Politics or Government

Relationships with Friends or Family

Religious or Spiritual Values

Sense of Humor

## **Question 2.**

Directions:

1. Consider times when the values you chose were or would be very important to someone else.

2. In a few paragraphs, answer the question: "**Why would these values be important to someone else?**". You may include examples of other people's experiences in your response.

### **Question 3.**

Again, consider your least important values. List the top two reasons why **someone else** would pick these as most important.

- 1.
- 2.

### **Question 4.**

Indicate your level of agreement with each of the following statements.

*(Responses on a likert scale: Strongly Disagree, Disagree, Somewhat Disagree, Somewhat Agree, Agree, Strongly Agree)*

1. The values I selected have influenced the lives of some people I know.
2. In general, some people I know try to live up to the values I selected.
3. Some people I know consider the values I selected to be an important part of who they are.
4. Some people I know care about the values I selected.