

Supplemental Material

CBE—Life Sciences Education

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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.