Codebook

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| **Unit group/Scale** | **Description** | **SPSS code** | **Excel code** |
| Archive | Anonymized participant key | Key | Arkivnøkkel |
| Demographics | **Institution affiliation**.1= University level Nautical Sciences2= University level Marine Engineering3= College level Marine Engineering4= College level Nautical Sciences | Affiliation | None |
| Self-reported age | Age | None |
| Prior sea service **work experience** in years | Work\_Experience | None |
| **Gender.**1= male, 2= female | Gender | None |
| Performance data | **Pre-test score** | Pretest | Pre-test score |
| **Total training attempts** (excluding final test attempt) | Attempts | Attempts |
| **Total training time** of all training attempts | Effort (seconds) | Total time (minutes) |
| **Best training score** | TRSC | Best Score |
| **Test attempt score** | TEST | Test score |
| Quantification | **Time Demand.** Linear regression of total time to reach a full score based on individual attempt scores and accumulated time$$=\frac{Full score∙slope+intercept}{60 minutes}$$ | TD (minutes) | Total time to full score regression (minutes) |
| **Time Retention.** Linear regression of time retaining to achieve a full score based in time demand and best training score$$=\frac{TD-(Best score∙slope+intercept)}{60 minutes}$$ | TR (minutes) | Time retaining to full score (minutes) |
| **Progress Rate.** Rate of progress in score points per minute according to linear regression$$=\frac{TD}{Full score}$$ | PR | Score per minute (regression) |
| Big Five Inventory shorted version in NorwegianBFI 20-N | **Extroversion (surgency).** Numbers refer to BFI44 item. R marks reversed items and N marks inverted computation of reversed items. Composite score of the scale is computed as the average of positive items and inverted reversed items. | EX1EX21REX31REX36EX121NEX31NExtroversion | 1-21-3136Factor sum |
| **Agreeableness.** Numbers refer to BFI44 item. R marks reversed items and N marks inverted computation of reversed items. Composite score of the scale is computed as the average of positive items and inverted reversed items. | A7A27RA32A37RA27NA37NAgreeableness | 7-2732-37Factor sum |
| **Control (conscientiousness).** Numbers refer to BFI44 item. R marks reversed items and N marks inverted computation of reversed items. Composite score of the scale is computed as the average of positive items and inverted reversed items. | C3C8RC18RC38C8NC18NConscientiousness | 3-8-1838Factor sum |
| **Emotional stability.** Numbers refer to BFI44 item. R marks reversed items and N marks inverted computation of reversed items. Composite score of the scale is computed as the average of positive items and inverted reversed items. | ES4RES9ES19RES39RES4NES19NES39NEmotional\_Stability | -49-19-39Factor sum |
| **Openness.** Numbers refer to BFI44 item. R marks reversed items and N marks inverted computation of reversed items. Composite score of the scale is computed as the average of positive items and inverted reversed items. | OP5OP20OP40OP41ROP41NOpenness | 52040-41Factor sum |
| Motivated Strategies for Learning Questionnaire in Norwegian | **Intrinsic Goal Orientation.** Numbers refer to MSLQ item. Composite score of the scale is computed as the average of positive items. | IGO1IGO16IGO22IGO24IGO | 1162224Average |
| **Extrinsic Goal Orientation.** Numbers refer to MSLQ item. Composite score of the scale is computed as the average of positive items. | EGO7EGO11EGO13EGO30EGO | 7111330Average |
| **Task Value.** Numbers refer to MSLQ item. Composite score of the scale is computed as the average of positive items. | TV4TV10TV17TV23TV26TV27TV | 41017232627Average |
| **Control of Learning Beliefs.** Numbers refer to MSLQ item. Composite score of the scale is computed as the average of positive items. | CLB2CLB9CLB18CLB25CLB | 291825Average |
| **Self-Efficacy for Learning and Performance.** Numbers refer to MSLQ item. Composite score of the scale is computed as the average of positive items. | SELP5SELP6SELP12SELP15SELP20SELP21SELP29SELP31SELP | 56121520212931Average |
| **Test Anxiety.** Numbers refer to MSLQ item. Composite score of the scale is computed as the average of positive items. | TA3TA8TA14TA19TA28TA | 38141928Average |