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 Sciences  2= University level Marine Engineering  3= College level Marine Engineering  4= 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 | 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 | TR (minutes) | Time retaining to full score (minutes) |
| **Progress Rate.** Rate of progress in score points per minute according to linear regression | PR | Score per minute (regression) |
| Big Five Inventory shorted version in Norwegian  BFI 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. | EX1  EX21R  EX31R  EX36  EX121N  EX31N  Extroversion | 1  -21  -31  36  Factor 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. | A7  A27R  A32  A37R  A27N  A37N  Agreeableness | 7  -27  32  -37  Factor 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. | C3  C8R  C18R  C38  C8N  C18N  Conscientiousness | 3  -8  -18  38  Factor 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. | ES4R  ES9  ES19R  ES39R  ES4N  ES19N  ES39N  Emotional\_Stability | -4  9  -19  -39  Factor 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. | OP5  OP20  OP40  OP41R  OP41N  Openness | 5  20  40  -41  Factor 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. | IGO1  IGO16  IGO22  IGO24  IGO | 1  16  22  24  Average |
| **Extrinsic Goal Orientation.** Numbers refer to MSLQ item. Composite score of the scale is computed as the average of positive items. | EGO7  EGO11  EGO13  EGO30  EGO | 7  11  13  30  Average |
| **Task Value.** Numbers refer to MSLQ item. Composite score of the scale is computed as the average of positive items. | TV4  TV10  TV17  TV23  TV26  TV27  TV | 4  10  17  23  26  27  Average |
| **Control of Learning Beliefs.** Numbers refer to MSLQ item. Composite score of the scale is computed as the average of positive items. | CLB2  CLB9  CLB18  CLB25  CLB | 2  9  18  25  Average |
| **Self-Efficacy for Learning and Performance.** Numbers refer to MSLQ item. Composite score of the scale is computed as the average of positive items. | SELP5  SELP6  SELP12  SELP15  SELP20  SELP21  SELP29  SELP31  SELP | 5  6  12  15  20  21  29  31  Average |
| **Test Anxiety.** Numbers refer to MSLQ item. Composite score of the scale is computed as the average of positive items. | TA3  TA8  TA14  TA19  TA28  TA | 3  8  14  19  28  Average |