**ESM 1.** Questionnaire instruments.

| Construct | Adapted from | # Items, Range | Example Item | $\alpha_{Cronbach}$ |
|---|---|---|---|---|
| **SEp** | Rheinberg et al. (2001) | 4 Items, 1 to 7 | I think everyone is able to assess adequately. | pre: .75, post: .74 |
| **UV** | Wigfield (1994), Canning and Harackiewicz (2015) | 8 Items, 1 to 5 | Being able to assess adequately is important for me. | pre: .89, post: .88 |
| **Extraneous CL** | Klepsch and Seufert (2021) | 3 Items, 1 to 7 | In this task, it is laborious to find the important information. | pre: .68, post: .78 |
| **Intrinsic CL** | Klepsch and Seufert (2021) | 2 Items, 1 to 7 | The task is very complex. | pre: .77, post: .76 |