Online Appendix:
Don’t Worry! Be Productive?

This online appendix presents the instructions for our laboratory experiments (Section A) and the definition of the PANAS-X affect scales (Section B).

A. Instructions

A.1. Instructions - Main Experiment (Ruhr-University Bochum)

Note: The instructions are identical for all participants, except for Part 2 (2A - Worrying induction; 2B - Control induction). Parts in square brackets are descriptive. Original instructions are in German.

[The experimenter invites participants to enter the laboratory. While entering the laboratory, participants sign up, are given a randomly distributed ID and are then asked to sit down at the desk corresponding to their ID.]

Part 1 – Introduction:

Screen 1:
Welcome and many thanks for attending today. The session will last approximately 60 minutes. It consists of two parts. In the first part, we ask you to participate in a student survey on the current labor market situation. In the second part, you are asked to perform a task. Your payment consists of the fee for participating in this experiment (4 Euro) and an amount based on how you perform in the task. The total amount will be paid to you, privately and in cash, at the end of the experiment by assistants who do not take part in analyzing the experiment. During the whole experiment your anonymity is preserved. Your performance will simply be recorded based on an ID card, which cannot be connected to your name. For payment a randomly assigned amount between 0 and 1 Euro will be added to the amount of money you earned. Hence, the payment you receive and which is recorded on the receipt cannot directly be linked to your performance. To operate your computer, please use the mouse and the keyboard. To the right of your computer you find a pen and paper. You may use both. You are, however, not allowed to use any other devices such as a pocket calculator. Any further instructions will be provided on screen as soon as the experiment begins. During the whole experiment we ask you to refrain from talking to other participants. Please signal, if you have any questions. A staff member will come to your desk.
Please now follow the instructions given on the screen. To the left of your computer, you find a sheet face down. Please leave the sheet turned face down and do not turn it around until the instructions ask you to do so.

**Part 2 A - Worrying induction:**

Screen 2A:  
In the first part of the session we ask you to take part in a student survey on the topic career and job market. Please read the introductory paragraph and answer the subsequent questions truthfully. As soon as you are ready to start, please press OK.

Screen 3A:  
*Unemployment and unstable employment – No problem for college graduates?*  
Despite a low total unemployment rate, 200,000 German college graduates were registered unemployed in 2014 (Bundesagentur für Arbeit (2014)). A recent study by the Hans Böckler Foundation shows that especially young college graduates often encounter problems when entering the labor market. Every third is employed on a temporary basis in the first year after college graduation. In the first three years after graduation, still every forth holds a fixed-term contract (Hans Böckler Stiftung (2013)). Unemployment, temporary work, involuntary part-time employment and internships are nowadays considered to belong to a “normal” career start (Schmidt und Hecht (2011) and Fabian et al. (2013)). The problem may moreover increase in the years to come when the double cohort of school leavers will enter the job market and the German economy may be affected by the recent economic downturn on important export markets and by structural problems of the Euro zone.

References:  
Bundesagentur für Arbeit (2014), Gute Bildung - gute Chancen, Der Arbeitsmarkt für Akademikerinnen und Akademiker.  
Hans Böckler Stiftung (2013), Im ersten Job häufig ohne Sicherheit, Böckler Impuls 2013 (1).  

After 60 seconds you will automatically be directed to the next page.

Screen 4A:  
To what extent do you agree with the following statement? (The value 1 means: does not apply at all. The value 7 means: does fully apply. Using values between 1 and 7 you can graduate your opinion.)
“I often worry about my occupational future and fear to face difficulties when entering the labor market after my education.”

**Screen 5A:**
To what extent do you agree with the following statements? (The value 1 means: does not apply at all. The value 7 means: does fully apply. Using values between 1 and 7 you can graduate your opinion.)

“I think it is not unlikely that after my studies I may...
... only find a temporary employment.”
... work in an occupation that does not suit my interests and talents.”
... work in an occupation that does not suit my geographical preferences.”

**Screen 6A:**
Imagine your job search turns out to be difficult. Please take two minutes to visualize this situation.

**Screen 7A:**
To what extent do you agree with the following statements? (The value 1 means: does not apply at all. The value 7 means: does fully apply. Using values between 1 and 7 you can graduate your opinion.)

“Labor market entries that are characterized by long application periods, internships and short-term employment spells go along with loss of income and continuing financial dependency on family, friends and the government. This would stress me a lot if it happened to me.”

“Difficulties when entering the labor market may go along with social stigma among friends, acquaintances and family and may generate the feeling of being a “loser”, especially when fellow students and friends do not encounter similar problems with finding a job. This would stress me a lot if it happened to me.”

“When finding a job turns out to be difficult, college graduates are often not employed in a regular occupation and may not have a steady daily routine. This would stress me a lot if it happened to me.”

“A core feature of problems when entering the labor market are lengthy application peri-
ods, repetitive rejections and uncertainty about your occupational future. This would stress me a lot if it happened to me.”

**Part 2 B - Control induction:**

**Screen 2B:**
In the first part of the session we ask you to take part in a student survey on the topic career and job market. Please read the introductory paragraph and answer the subsequent questions truthfully. As soon as you are ready to start, please press OK.

**Screen 3B:**
*Studying pays off!*

*In a recent report, the federal employment agency (Bundesagentur für Arbeit) emphasizes the positive labor market situation for college graduates in Germany (Bundesagentur für Arbeit (2014)). The unemployment rate for college graduates is traditionally low and currently lies at approximately 2.5%. It is thus considerably below the average unemployment rate in Germany. According to a recent survey conducted by the IAB in Nuremberg, the average life-time income of college graduates moreover amounts to 2.3 Million Euro and exceeds the income of individuals without professional qualification by a factor 2.7 (see Schmölzen und Stüber (2014)). 10 years after graduation college graduates report a high level of job satisfaction and almost every second works in a leading position (Fabian et al. (2013)). The additional educational investment has a positive impact on health, life expectation, family life and the overall life satisfaction according to recent studies (e.g. Farrall et al. (2006), Lleras-Muney (2005)).*

**References:**
*Bundesagentur für Arbeit (2014), Gute Bildung - gute Chancen, Der Arbeitsmarkt für Akademikerinnen und Akademiker.*
*Schmölzen, Achim und Heiko Stüber (2014), Bildung lohnt sich ein Leben lang, Lebensverdienste nach Qualifikation, IAB Kurzbericht 2014.*

After 60 seconds you will automatically be directed to the next page.

**Screen 4B:**
*We are interested in your perspective. Which criteria do you consider especially important when choosing your future employment? Please take two minutes of time to imagine your “dream job”.*
Screen 5B:
To what extent do you agree with the following statements? (The value 1 means: does not apply at all. The value 7 means: does fully apply. Using values between 1 and 7 you can graduate your opinion.)

“When choosing my future employment, especially important to me is...
... the payment.”
... the career opportunities.”
... the reputation of the job among friends, acquaintances and family.”
... the proximity of the job to my childhood’s place of residence.”

Screen 6B:
And to what extent do you agree with the following statements? (The value 1 means: does not apply at all. The value 7 means: does fully apply. Using values between 1 and 7 you can graduate your opinion.)

“When choosing my future employment, especially important to me is...
... working in an occupation that helps others.”
... flexible working time.”
... compatibility of family and employment.”
... that the job offers options for personal development and self-fulfilment.”

Part 3 - Pre-task mood measurement:

Screen 8 (PANAS-X I):
The following scale consists of a number of words that describe different feelings and emotions. Please indicate to what extent you feel this way right now. Read each item and then mark the appropriate intensity in the space next to that word. You can choose between five gradations. [Choice options: Very slightly or not all, a little, moderately, quite a bit, extremely]

lonely interested frightened relaxed sad alert
active calm scared inspired guilty downhearted
fearless confident ashamed scared amazed hostile

Screen 9 (PANAS-X II):
Below you find some further words that describe different feelings and emotions. Please
indicate to what extent you feel this way right now. Read each item and then mark
the appropriate intensity in the space next to that word. You can choose between five
gradations. [Choice options: Very slightly or not all, a little, moderately, quite a bit,
extremely]

confused angry (at self) afraid blue attentive irritable
nervous daring strong jittery proud excited
alone distressed shaky bold determined at ease

Screen 11:
You completed the survey. Thank you! By pressing OK, you will be directed to the
second part of the session.

**Part 4 - Productivity task:**

Screen 12:
In Experiment 2 you are asked to add up five two-digit numbers. Consider the following
example:

\[
\begin{array}{cccc}
46 & 63 & 27 & 62 & 56 \\
\end{array}
\]

Your task consists of adding up these numbers. The correct answer in this example
is 46+63+27+62+56=254.

\[
\begin{array}{cccc}
46 & 63 & 27 & 62 & 56 & 254 \\
\end{array}
\]

The tasks of part 2 are displayed on the screen. Please note that this experiment
consists of three rounds. To the right of your computer you find scrap paper, which you
can use to solve the tasks. To the left of your computer, you will find a sheet on which
you can record your solutions (the solution for round 1 on page 1, the solution for round
2 on page 2 and the solution for round 3 on page 3). Each round you are allowed to
work on the tasks for 10 minutes. When the time has expired, a message will pop up
on screen asking you to enter the solutions into the computer. We ask you moreover to
take the scrap paper and the solution sheet with you after the session or to throw them
into the provided bin. Please note that, in addition to your show-up fee of 4 Euro, you
will be paid based on the number of tasks you solved correctly. For each correct answer
you receive (additional) 0.60 Euro. After each round, you will be informed how many
tasks you solved correctly. In the end of the experiment one round will be randomly
selected as the round that determines your payment. Thereupon you receive your pay-
ment according to this round. During this second experiment, you can surf the Internet
Whenever you want by pressing the "change button" and then the "internet button". The usage of the internet is confidential. Your internet usage will not be recorded and nobody has access to the pages you visit (as for example your email address). By clicking on the "change button" again, the Internet Explorer will be closed and the tasks will be displayed again. At the end of each round, the Internet use is not available, because you then have to enter your solutions.

With the next screen your working time begins. You are allowed to turn around your solution sheet.

Screen 13:
[Adding-Task]

Screen 14:
The time expired. You are now asked to enter your solutions for each task. You have 3 minutes to do so. If you were not able to solve a task, please enter 0. Afterwards, please press the OK button. Otherwise your answers cannot be saved.

Screen 15:
The number of correctly solved tasks is . . . . If this round is randomly chosen in the end of the experiment, you receive . . . Euro.

Screen 16:
It follows round 2.

Screen 17:
[Adding-Task]

Screen 18:
The time expired. You are now asked to enter your solutions for each task. You have 3 minutes to do so. If you were not able to solve a task, please enter 0. Afterwards, please press the OK button. Otherwise your answers cannot be saved.

Screen 19:
The number of correctly solved tasks is . . . . If this round is randomly chosen in the end of the experiment, you receive . . . Euro.

1Some sessions offered participants the possibility to read a magazine as the leisure option instead of the possibility to surf the Internet. In these sessions instructions for screen 1 and screen 12 are slightly changed. These instructions are available upon request.
of the experiment, you receive . . . Euro.

Screen 20:
It follows round 3.

Screen 21:
[Adding-Task]

Screen 22:
The time expired. You are now asked to enter your solutions for each task. You have 3 minutes to do so. If you were not able to solve a task, please enter 0. Afterwards, please press the OK button. Otherwise your answers cannot be saved.

Screen 23:
The number of correctly solved tasks is . . . . If this round is randomly chosen in the end of the experiment, you receive . . . Euro.

Part 5 - Post-task mood measurement:

Screen 24 (PANAS-X I):
The following scale once again consists of a number of words that describe different feelings and emotions. Please indicate to what extent you feel this way right now. Read each item and then mark the appropriate intensity in the space next to that word. You can choose between five gradations. [Choice options: Very slightly or not all, a little, moderately, quite a bit, extremely]

<table>
<thead>
<tr>
<th>lonely</th>
<th>interested</th>
<th>frightened</th>
<th>relaxed</th>
<th>sad</th>
<th>alert</th>
</tr>
</thead>
<tbody>
<tr>
<td>active</td>
<td>calm</td>
<td>scared</td>
<td>inspired</td>
<td>guilty</td>
<td>downhearted</td>
</tr>
<tr>
<td>fearless</td>
<td>confident</td>
<td>ashamed</td>
<td>scared</td>
<td>amazed</td>
<td>hostile</td>
</tr>
</tbody>
</table>

Screen 25 (PANAS-X II):
Below you find further words that describe different feelings and emotions. Please indicate to what extent you feel this way right now. Read each item and then mark the appropriate intensity in the space next to that word. You can choose between five gradations. [Choice options: Very slightly or not all, a little, moderately, quite a bit, extremely]

<table>
<thead>
<tr>
<th>lonely</th>
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<td>ashamed</td>
<td>scared</td>
<td>amazed</td>
<td>hostile</td>
</tr>
</tbody>
</table>
confused  angry (at self)  afraid  blue  attentive  irritable
nervous  daring  strong  jittery  proud  excited
alone  distressed  shaky  bold  determined  at ease

Screen 26:
Randomly selected was round . . . .
In round . . . you solved . . . tasks correctly.
The payment hence is . . . €.

Part 6 - Questionnaire:
Screen 27:
Finally, we ask you to complete a questionnaire. Please answer truthfully. Your payment
does not depend on your answers. You can take as much time as you need to answer
the questions. Your responses are (like the rest of your input today) entirely anonymous.

Screen 28:
Please select your gender.
How old are you?
What is your native language?
What is your nationality?
What is your field of study?
In which semester are you currently?
What is your current average grade? (Please state your grade rounded to one decimal
place separated by a point. If you are not sure about your current average grade, please
make an approximation).

Screen 29:
We would like to know how you perceived the task you conducted. To what extent do
you agree with the following statements? (The value 1 means: does not apply at all.
The value 7 means: does fully apply. With values between 1 and 7 you can graduate
your opinion.)
“I really enjoyed working on the task.”
“The survey at the beginning of the experiment had a strong influence on my perform-
ance.”
“In comparison to other participants I expect to have performed better.”

Screen 30 (Big Five personality traits I):
Finally, something different. Our daily actions are influenced by our fundamental conv-
ictions. Not much is known about this in science. Here are some characteristics a
person can have. Probably some of these characteristics will fully apply to you and others not at all. For others again you might be undecided. (The value 1 means: does not apply at all. The value 7 means: does fully apply. With values between 1 and 7 you can graduate your opinion.)

"I see myself as someone who...
... is original, comes up with new ideas."
... values artistic experiences.”
... has an active imagination.”
... does a thorough job.”
... does things effectively and efficiently.”
... tends to be lazy.”
... is considerate and kind to others.”

Screen 31 (Big Five personality traits II):
And how about these characteristics? (The value 1 means: does not apply at all. The value 7 means: does fully apply. With values between 1 and 7 you can graduate your opinion.)

"I see myself as someone who...
... is sometimes somewhat rude to others.”
... has a forgiving nature.”
... worries a lot.”
... gets nervous easily.”
... is relaxed, handles stress well.”
... is communicative, talkative.”
... is outgoing, sociable.”
... is reserved.”

Screen 32:
We saved your questionnaire replies. Thank you very much for participating in this experiment today. Please remain seated at your computer until we ask you to come to the front desk for payment. You will be required to sign a receipt for receiving your payments.

[Participants are asked to come to the front. They hand in their ID card and are asked how much money they earned. One assistant checks with the data. The assistant throws a dice and adds a small amount to the money earned depending on the eyes shown. The
participants fill out the receipt, sign the receipt and are given their payment.
A.2. Instructions - Sensitivity Check (University of Valencia)

Note: The instructions are identical for all participants, except for Part 2 (2A: Worrying induction; 2B: Control induction). Parts in square brackets are descriptive. Original instructions are in Spanish.

[The experimenter invites participants to enter the laboratory. While entering the laboratory, participants sign up, are given a randomly distributed ID and are then asked to sit down at the desk corresponding to their ID.]

Part 1 – Introduction:

Screen 1:
Welcome and many thanks for attending today! The session will last approximately 60 minutes. It consists of two parts. In the first part, we ask you to take part in a short survey. In the second part, you are asked to perform a task. Your payment consists of a fixed fee for participating in this experiment (5 Euro) and an amount based on how you perform in the task. The total amount will be paid to you privately and in cash at the end of the experiment by assistants who do not take part in analyzing this experiment. During the whole experiment your anonymity is preserved. Your decisions are connected with a code on the computer you are using, not with your identity. Hence, the payment you receive (recorded on the receipt) cannot be linked to your performance. To operate your computer, please use the mouse and the keyboard. Please do not open any other program on the computer as this may lead to a breakdown of the experimental software, implying that you do not receive any payment. To the left of your computer, you will find a magazine face down. Please leave the magazine turned face down and do not turn it around until the instructions ask you to do so. Any further instructions will be provided on screen as soon as the experiment begins. During the whole experiment we ask you to refrain from talking to other participants. Please signal, if you have any questions. A staff member will come to your desk.

Please now follow the instructions given on the screen.

Screen 2:
Please answer the following question before the first part of the session starts: How would you rate your happiness at the moment? [Choice options: Completely sad, very sad, sad, neither happy nor sad, fairly happy, very happy, completely happy]

Part 2 A - Worrying induction:
Screen 3A:
In the first part of the session we ask you to take part in a student survey. Please read the introductory paragraph and answer the subsequent questions truthfully. When you are ready to start, please press OK.

Screen 4A:
Please read the following paragraph:
As of March 2016 one out of every five adult Spaniards is out of work, which represents the highest unemployment rate in the EU. Studies show that especially for Spain’s young people most recent figures are truly apocalyptic: approximately 50 per cent of Spaniards aged between 15 and 24 cannot find work. For those under 30, almost 2 million young people, are unemployed. Even after years of recession, the International Monetary Fund warned that it may be five years more before the unemployment rate falls to pre-crisis levels. A university degree does not help much. Fearing that they will have no future in their own country, Spain’s young professionals are fleeing the country and Oxfam predicted that 18 million Spaniards are at risk of social marginalization within the next decade. The hope of finding work, to be happy and independent seems utterly unattainable.

References:
The Sydney Morning Herald (2014), The Lost Generation of Spain’s Unemployed Youth, February 27, 2014.

After 60 seconds you will automatically be directed to the next page.

Screen 5A:
To what extent do you agree with the following statement? (The value 1 means: does not apply at all. The value 7 means: does fully apply. Using values between 1 and 7 you can graduate your opinion.)

“I often worry about my occupational future and fear to face difficulties when entering the labor market after my education.”

Screen 6A:
And to what extent do you agree with the following statements? (The value 1 means: does not apply at all. The value 7 means: does fully apply. Using values between 1 and 7 you can graduate your opinion.)

“I think it is not unlikely that after my studies I may...

... only find a temporary employment.”
… work in an occupation that does not fit my interests and talents.”
… work in an occupation that does not fit my geographical preferences.”

Screen 7A:
Imagine your job search turns out to be difficult. Please take a minute to visualize this situation.

Screen 8A:
To what extent do you agree with the following statements? (The value 1 means: does not apply at all. The value 7 means: does fully apply. Using values between 1 and 7 you can graduate your opinion.)

“Labor market entries that are characterized by long application periods, internships and short-term employment spells go along with loss of income and continuing financial dependency on family, friends and the government. This would stress me and cause me emotional pain if it happened to me.”

“Difficulties when entering the labor market may go along with social stigma among friends, acquaintances and family and may generate the feeling of being a “loser”, especially when fellow students and friends do not encounter similar problems with finding a job. This would stress me and cause me emotional pain if it happened to me.”

“A core feature of problems when entering the labor market are lengthy application periods, repetitive rejections and uncertainty about your occupational future. This would stress me and cause me emotional pain if it happened to me.”

“When finding a job turns out to be difficult, you may not be employed in a regular occupation and may not have a steady daily routine. This would stress me and cause me emotional pain if it happened to me.”

**Part 2 B - Control induction:**

Screen 3B:
In the first part of the session we ask you to read two instructions for folding a paper airplane. Please read them and answer the subsequent questions truthfully (Note: You are not required to actually build the paper plane). When you are ready to start, please press OK.
Screen 4B:

The stable:

1. Fold the paper in half.
[picture]
2. Unfold and then fold the top two corners to the center line.
[picture]
3. Fold the top peak down to create a square.
[picture]
4. Fold the top two corners to the center about an inch above the downward facing point, to form a triangle shape on top and a diamond shape on bottom.
[picture]

After 45 seconds you will automatically be directed to the next page.

Screen 5B:

5. Fold the downward facing point up to secure the flaps.
[picture]
6. Fold the plane in half away from you and flatten it out.
[picture]
7. Fold the edges down to create the wide wings and to complete the plane.
[picture]

After 45 seconds you will automatically be directed to the next page.

Screen 6B:

The sprinter:

1. Fold the paper in half diagonally so opposite corners meet.
[picture]
2. Fold the long edge about 1/2 inch.
[picture]
3. Fold the paper in half towards you and then rotate so that the thickest point is facing up. The squared off point will be facing to the left.
[picture]
4. Fold the right side over as far as it will go and make a vertical crease.
[picture]

After 45 seconds you will automatically be directed to the next page.
5. Fold the other side down so opposite sides meet.
[picture]
6. Now, fold one outer flap down to create the first wing.
[picture]
7. Fold the other flap down to complete the plane.
[picture]

After 45 seconds you will automatically be directed to the next page.

Screen 8B:
To what extent do you agree with the following statement? (The value 1 means: does not apply at all. The value 7 means: does fully apply. Using values between 1 and 7 you can graduate your opinion.)

“As a child I often played with paper planes.”

Screen 9B:
And to what extent do you agree with the following statements? (The value 1 means: does not apply at all. The value 7 means: does fully apply. Using values between 1 and 7 you can graduate your opinion.)

“In my view, the first paper plane, “the stable”, looks better than the second paper plane, “the sprinter”.”

”I expect the first paper plane, “the stable”, to fly better than the second paper plane, “the sprinter”.”

”I find that the first paper plane, “the stable” is more difficult to build than the second paper plane, “the sprinter”.”

Part 3 - Pre-task mood measurement:
Screen 10:
Please finally answer the following question: How would you rate your happiness at the moment? [Choice options: Completely sad, very sad, sad, neither happy nor sad, fairly
happy, very happy, completely happy]

Screen 11:
You completed the survey. Thank you! By pressing OK, you will be directed to the second part of the session.

**Part 4 - Productivity task:**

Screen 12:
In Experiment 2 you are asked to add up five two-digit numbers. Consider the following example:

<table>
<thead>
<tr>
<th>46</th>
<th>63</th>
<th>27</th>
<th>62</th>
<th>56</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEXT</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your task consists of adding up these numbers. The correct answer in this example is 46+63+27+62+56=254.

<table>
<thead>
<tr>
<th>46</th>
<th>63</th>
<th>27</th>
<th>62</th>
<th>56</th>
<th>254</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEXT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

After inserting your solution, you need to press NEXT. Then, the next task appears. You always need to enter some solution.

Screen 13:
Please note that this experiment consists of three rounds. In each round you are allowed to work on the tasks for 10 minutes. Please note that, in addition to your show-up fee of 5 Euro, you will be paid based on the number of tasks you solved correctly. For each correct answer you receive (additional) 0.60 Euro. After each round, you will be informed how many tasks you solved correctly. At the end of the experiment one round will be randomly selected as the round that determines your payment. You will receive your payment according to this round. To the left of your computer, you find a magazine that you can read during the 10 minutes of working time in each round if you want to. At the end of each round, we ask you to put the magazine aside and to follow the instructions on the screen. Please note that using a calculator or smartphone is forbidden. If we observe that you use an according device or program, we will expel you from the experiment due to fraud and you will not receive any payment.

You will be directed to the next page in 90 seconds. The screen shows the tasks and then your working time begins.
Screen 14:
[Adding-Task]

Screen 15:
The number of correctly solved tasks is . . . . If this round is randomly chosen in the end of the experiment, you receive . . . Euro.

Screen 16:
It follows round 2.

Screen 17:
[Adding-Task]

Screen 18:
The number of correctly solved tasks is . . . . If this round is randomly chosen in the end of the experiment, you receive . . . Euro.

Screen 19:
It follows round 3.

Screen 20:
[Adding-Task]

Screen 21:
The number of correctly solved tasks is . . . . If this round is randomly chosen in the end of the experiment, you receive . . . Euro.

**Part 5 - Post-task mood measurement:**

Screen 22:
Please answer the following question once again: How would you rate your happiness at the moment? [Choice options: Completely sad, very sad, sad, neither happy nor sad, fairly happy, very happy, completely happy]

Screen 23 (PANAS-X I):
The following scale consists of a number of words that describe different feelings and emotions in more detail. Please indicate to what extent you feel this way right now. Read each item and then mark the appropriate intensity in the space next to that word. You can choose between five gradations. [Choice options: Very slightly or not all, a
little, moderately, quite a bit, extremely]

lonely interested frightened relaxed sad alert
active calm scared inspired guilty downhearted
fearless confident ashamed scared amazed hostile

Screen 24 (PANAS-X II):
Below you find further words that describe different feelings and emotions. Read each item and then mark the appropriate intensity in the space next to that word. You can choose between five gradations. Please indicate to what extent you feel this way right now. [Choice options: Very slightly or not all, a little, moderately, quite a bit, extremely]

confused angry (at self) afraid blue attentive irritable
nervous daring strong jittery proud excited
alone distressed shaky bold determined at ease

Screen 25:
Randomly selected was round . . . .
In round . . . you solved . . . tasks correctly.
The payment hence is . . . €.

Part 6 - Questionnaire:
Screen 27:
Finally, we ask you to complete a questionnaire. Please answer truthfully. Your payment does not depend on your answers. You can take as much time as you need to answer the questions. Your responses are (like the rest of your input today) entirely anonymous.

Screen 28:
Please select your gender.
How old are you?
What is your native language?
What is your nationality?
What is your field of study?
In which semester are you currently?
What is your current average grade? (Please state your grade rounded to one decimal place separated by a point. If you are not sure about your current average grade, please make an approximation).
Did you do any internships during your studies? Please enter how many internships you did. If you did not do any internships during your studies please enter 0.
Do you already have a job offer for the time when you will have finished your studies?

Screen 29:
We would like to know how you perceived the task you conducted. To what extent do you agree with the following statements? (The value 1 means: does not apply at all. The value 7 means: does fully apply. With values between 1 and 7 you can graduate your opinion.)

“I really enjoyed working on the task.”
“The survey at the beginning of the experiment had a strong influence on my performance.”
“In comparison to other participants I expect to have performed better.”

Screen 30 (Big Five personality traits I):
Finally, something different. Our daily actions are influenced by our fundamental convictions. Not much is known about this in science. Here are some characteristics a person can have. Probably some of these characteristics will fully apply to you and others not at all. For others again you might be undecided. (The value 1 means: does not apply at all. The value 7 means: does fully apply. With values between 1 and 7 you can graduate your opinion.)

"I see myself as someone who..."  
... is original, comes up with new ideas.”  
... values artistic experiences.”  
... has an active imagination.”  
... does a thorough job.”  
... does things effectively and efficiently.”  
... tends to be lazy.”  
... is considerate and kind to others.”

Screen 31 (Big Five personality traits II):
And how about these characteristics? (The value 1 means: does not apply at all. The value 7 means: does fully apply. With values between 1 and 7 you can graduate your opinion.)

"I see myself as someone who..."  
... is sometimes somewhat rude to others.”  
... has a forgiving nature.”  
... worries a lot.”
... gets nervous easily.”
... is relaxed, handles stress well.”
... is communicative, talkative.”
... is outgoing, sociable.”
... is reserved.”

Screen 32:
We saved your questionnaire replies. Thank you very much for participating in this experiment today. Please remain seated at your computer until we ask you to come to the front desk for payment. You will be required to sign a receipt for receiving your payments.

Screen 33:
Your payment is ...€.

[Participants are asked to come to the front. They hand in their ID card and are asked how much money they earned. One assistant checks with the data. The assistant throws a dice and adds a small amount to the money earned depending on the eyes shown. The participants fill out the receipt, sign the receipt and are given their payment.]
### B. Item Composition of Elicited PANAS-X Scales

<table>
<thead>
<tr>
<th>General Dimension Scales</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Negative Affect (10)</td>
<td>afraid, scared, nervous, jittery, irritable, hostile, guilty,</td>
</tr>
<tr>
<td></td>
<td>ashamed, upset, distressed</td>
</tr>
<tr>
<td>Positive Affect (10)</td>
<td>active, alert, attentive, determined, enthusiastic, excited,</td>
</tr>
<tr>
<td></td>
<td>inspired, interested, proud, strong</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Selected Lower Order Scales</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attentiveness (3)</td>
<td>alert, attentive, determined</td>
</tr>
<tr>
<td>Fear (6)</td>
<td>afraid, scared, frightened, nervous, jittery, shaky</td>
</tr>
<tr>
<td>Sadness (5)</td>
<td>sad, blue, downhearted, alone, lonely</td>
</tr>
<tr>
<td>Self-Assurance (6)</td>
<td>proud, strong, confident, bold, daring, fearless</td>
</tr>
<tr>
<td>Serenity (3)</td>
<td>calm, relaxed, at ease</td>
</tr>
</tbody>
</table>

Notes: The number of items per scale is depicted in parentheses. The original scale for Attentiveness also contains the item “concentrating.”