

## Appendix 1: Questionnaire

Responses: 1=Strongly Disagree; 2=Disagree; 3=Little Disagree; 4=Neutral; 5=Little Agree; 6=Agree; 7=Strongly Agree

### PART-2: Emotional Intelligence

Sr. No.	Statements	Strongly Disagree	Disagree	Little Disagree	Neutral	Little Agree	Agree	Strongly Agree
<b>Self-Awareness</b>								
SA1	I am able to identify my emotions in different situations.	1	2	3	4	5	6	7
SA2	I believe that emotions play an essential role in everyday life events.	1	2	3	4	5	6	7
SA3	I believe that my moods impact the people around me.	1	2	3	4	5	6	7
SA4	I find it easy to express how others feel in different scenarios.	1	2	3	4	5	6	7
<b>Self-Regulation</b>								
M1	I can talk to someone if I am very upset.	1	2	3	4	5	6	7
M2	I am able to control my overthinking.	1	2	3	4	5	6	7
M3	I am able to analyze my thoughts.	1	2	3	4	5	6	7
M4	I concentrate on a pleasant activity when I am feeling low.	1	2	3	4	5	6	7
<b>Motivation</b>								
M1	I accept responsibility for my reactions	1	2	3	4	5	6	7
M2	I can contain myself in anger-provoking situations.	1	2	3	4	5	6	7
M3	I direct my negative energy into doing something productive.	1	2	3	4	5	6	7
<b>Social Skills</b>								
SS1	I find it easy to share my feelings with others.	1	2	3	4	5	6	7
SS2	I am good at motivating others.	1	2	3	4	5	6	7
SS3	It is easy for me to make friends.	1	2	3	4	5	6	7
SS5	Others can depend on me.	1	2	3	4	5	6	7
<b>Academic Social Networking Sites</b>								
ASNS1	I engage in academic discussions on social media	1	2	3	4	5	6	7
ASNS2	I use social media to disseminate knowledge to my classmates.	1	2	3	4	5	6	7

ASNS3	Engaging in academic forums on social media to understand the concepts clearly.	1	2	3	4	5	6	7
ASNS4	The usage of internet browsing for research has helped improve my grades.	1	2	3	4	5	6	7
ASNS5	The use of online applications in class is helpful.	1	2	3	4	5	6	7
ASNS6	Using email or other electronic means (such as WhatsApp, WeChat, Facebook, etc.) to share content with other students and teachers is very useful.	1	2	3	4	5	6	7
ASNS7	The e-learning platform (e.g. Moodle) is very useful to me.	1	2	3	4	5	6	7
ASNS8	I regularly use online discussion groups related to my study.	1	2	3	4	5	6	7

### **Academic Performance**

AP1	I am dealing with unfamiliar problems.	1	2	3	4	5	6	7
AP2	I can think creatively.	1	2	3	4	5	6	7
AP3	I can think analytically and critically.	1	2	3	4	5	6	7
AP4	I can views things from a global perspective.	1	2	3	4	5	6	7
AP5	I am developing in-depth knowledge in my areas of study.	1	2	3	4	5	6	7
AP6	I can communicate effectively with others.	1	2	3	4	5	6	7
AP8	I have leadership skills.	1	2	3	4	5	6	7
AP9	I can manage my time more effectively.	1	2	3	4	5	6	7
AP10	I have learned a new skill or knowledge by myself.	1	2	3	4	5	6	7
AP11	I am able to analyze my strengths and weaknesses.	1	2	3	4	5	6	7
AP12	I have learned a new skill or knowledge by myself	1	2	3	4	5	6	7
AP13	I do my assignments independently.	1	2	3	4	5	6	7
AP14	I exert more effort when I do difficult assignments.	1	2	3	4	5	6	7
AP15	I work hard to improve my grades when I got low grades.	1	2	3	4	5	6	7
AP16	I prepare tests and quizzes timely.	1	2	3	4	5	6	7
AP17	I attend classes regularly.	1	2	3	4	5	6	7