Questionnaire on Perceptions and Feedback

In regards to the past week alone, please mark to what extent you have felt each of the following. Please note that some of the questions are worded positively and others negatively.

[Answer scale: 1 – not at all; 2 – to a small extent; 3 – somewhat; 4 – to a large extent; 5 – very much]

**Security**

1. To what extent did you feel a sense of danger while performing the tasks?
2. To what extent did you feel stress or pressure while performing the tasks?
3. To what extent did you feel that the physical environment provided a sense of security while performing the tasks?
4. To what extent did you feel that the system (?) provided a sense of security while performing the tasks?
5. To what extent did you feel that the people around you, the team, provided a sense of security while performing the tasks?
6. To what extent did you experience a sense of success in performing the tasks?
7. To what extent did you feel safe while performing the tasks?

**Focus**

1. To what extent did you feel that the tasks were clear to you?
2. To what extent did you feel you were getting lost in space?
3. To what extent did you feel you had a good grasp of time?
4. To what extent did you feel able to stay focused on the tasks?

**Group: Comfort and Belonging**

1. To what extent did you feel you had privacy when you wanted it?
2. To what extent did you feel part of the group?
3. To what extent did you feel comfortable with the group?
4. To what extent did you feel tension during meetings with the group members?
5. To what extent did you have trouble with the group?

**Group: Collaborating on Tasks**

1. To what extent did you experience friction with team members while performing the tasks?
2. To what extent did you experience friction with the team as a whole while performing the tasks?
3. To what extent did you feel comfortable asking team members for help while performing the tasks?
4. To what extent did you feel comfortable offering help to team members?
5. To what extent did you feel you wanted to perform the tasks with these people?

**Commitment**

1. To what extent did you identify with the goals of the general task (the project)?
2. To what extent did you feel the tasks were contributing to your development?
3. To what extent did you feel committed to the team?
4. To what extent did you feel committed to the tasks?

**Difficulties**

1. To what extent did you feel tired?
2. To what extent did you feel you needed to take a break from the tasks?
3. To what extent did you have trouble with the physical environment?
4. To what extent did you have trouble with the tasks?
5. To what extent did you have trouble with the timetables?  
   [Difficulty with the team belongs in the Comfort and Belonging section and therefore is not addressed here.]

**Interest**

1. To what extent did you feel the tasks were interesting?
2. To what extent did you feel the tasks were diverse (rather than routine)?
3. To what extent did you feel the tasks were challenging and brought out the best in you?
4. To what extent did you feel a sense of joy or positive emotion about performing the tasks?

**Overall experience**

1. To what extent are you satisfied with your participation in the project/task?