List of the Definitions and statements

Final including changes after piloting, Jyri 10.7.2012

Subjectively perceived changes in learning relevant aspects of the Self („psychological concepts")

Included concepts are: Locus of control, , Self-efficacy and SDS-questions (Social desirability).

CONCEPT	DEFINITION	STATEMENTS
Social Desirability	Paulhus Social Desirability Scale	I am very confident of my judgments It would be hard for me to break any of my bad habits I never regret my decisions Once I've made up my mind, other people can seldom change my opinion
Locus of Control	Definition: A locus of control orientation is a belief about whether the outcomes of our actions are contingent on what we do (internal control orientation) or on events outside our personal control (external control orientation)." (Zimbardo, 1985, p. 275) It is a theory in personality psychology referring to the extent to which individuals believe that they can control events that affect them. It can be measured by Rotter's Locus of Control scale URL: http://guerin.ballarat.edu.au/ard/bssh/psych/RotterLOC.pdf	I feel that I have more influence over the things that happen to me When I make plans, I am more certain that I can make them work I am more convinced that what happens to me is my own doing
Self-efficacy	Definition: Perceived self-efficacy refers to beliefs – specially, beliefs regarding one's own capabilities for performance, means to our	If someone opposes me, I am more able to find the means and ways to get what I want

	judgments of what we think we can and can't do (see Cervone, D./Artisitco, D./Berry J. M. (2006). Represents the extent to which we believe that we are the authors of what we do and can have an impact on what happens to us. Self-efficacy and Adult Development. In: Hoare, C. (Ed.): Handbook of Adult Development and Learning. New York. Schwarzer, R. & Jerusalem, M (1995): Generalized Self-Efficacy scale. In Weinman, J./Wright, S./ Johnston, M. (Eds.): Measures in health psychology: A user's portfolio. Causal and control beliefs. Windsor, p. 35-37. The General Self-Efficacy Scale (GSE) by Ralf Schwarzer & Matthias Jerusalem (1995) URL: http://userpage.fu-berlin.de/health/engscal.htm	It is easier for me now to stick to my aims and accomplish my goals I am more confident now that I could deal efficiently with unexpected events
Sense of Purpose in Life	Definition: A feeling of coherence in one's life to goal directedness or purposefulness to "the ontological significance of life from the point of view of the experiencing individual", "What does my life mean"? Steger, M., Frazier, P., Oishi, S. & Kaler, M. (2006). The Meaning in Life Questionnaire: Assessing the Presence of and Search for Meaning in Life. Journal of Counseling Psychology, 2006, Vol. 53, No. 1, 80–93. Also: Seligman/ Positive psychology Sense of Coherence Scale (SOC) Antonovsky 1979; Purpose of Life Test: http://faculty.fortlewis.edu/burke_b/Personality/PIL.pdf	I know better what I want from my life I am more positive about life

Perceived changes and outcomes ("benefit concepts")

Tolerance	Definition: Tolerance can be defined as "a fair, objective, and permissive attitude toward opinions and practices that differ from one's own" (URL: http://dictionary.reference.com/browse/tolerance (here we have to find a better source	I have respect for other people's cultures I have respect for other's people's points of view
Trust	Definition: "Trust (...) consists of an attitude or a mindset – what one thinks – albeit with likely behavioural consequences" (OECD/CERI 2007, p. 80) A difference can be made between interpersonal trust and institutional (political trust) (see Newton and Zmerli 2011). Oxford English dictionary: confidence in or reliance on some quality or attribute of a person on thing.	I have trust in other people generally I have trust in decision makers
Shift/changes in the educational experiences	*Definition based on the results of the finish study*	I am motivated to learn I feel confident as a learner I see adult learning as an important opportunity I am encouraging others to learn too
Knowledge (not in survey, but will be needed in qualitative analysis)	Facts, information, and skills acquired through experience or education; the theoretical or practical understanding of a subject; awareness or familiarity gained by experience of a fact or situation (Oxford Dictionaries)	
Social networks	Definition: A social network is "a network of social interactions and personal relationships. URL: http://oxforddictionaries.com/definition/social+network	I meet other people I am involved in networks

Civic and social engagement (was: Active citizenship)	Definition: Civic and social engagement (CSE) can include - joining associations - volunteering - more active role in community OECD (2007). Understanding the Social Outcomes of Learning. Paris: OECD Also: <u>related to</u> Active Citizenship in the EU, which is defined as: "Political participation and participation in associational life characterized by tolerance and non-violence and the acknowledgement of rule of law and human rights" (de Weerd, M./Gemmeke, M./Rigter, J./van Rij (Eds.) (2005): Indicators for monitoring active citizenship and citizenship education. Amsterdam, p. II. Indicators for Active Citizenship are: - Voluntary work in organizations and networks; Organizing activities for the community; Voting in elections; Participation in: - political parties, - interest groups, forms of peaceful protest, - public debate (see URL: http://ec.europa.eu/education/pdf/doc280_en.pdf)	I am engaged in my local community I am likely to take part in voluntary activity
Civic competence	Definition: Civic competence is a complex mix of knowledge, skills, understanding, values and attitudes and dispositions. "Skills for civic competence relate to the ability to engage effectively with others in the public domain, and to display solidarity and interest in solving problems affecting the local and wider community. This involves critical and creative reflection and constructive participation in community or neighbourhood activities as well as decision-making at all levels, (...)" (p. 8).	I know how to make myself heard in a group I am interested in politics
Mental well-being	Mental well being is a 'a dynamic state in which the individual is able to develop their potential, work productively and creatively, build strong relationships with others, and contribute to their community. It is enhanced when an individual is able to fulfill their personal and social goals and achieve a sense of purpose in society' (Dewe & Kompier 2008, 12). In a similar way WHO defines Mental health as a state of well-being in which every individual realizes his or her own potential,	Taking all things together, I am happy I am satisfied with my life

	can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. German: geistig, Geistes...; seelisch, psychisch? Dewe, P. and Kompier, M. (2008), Foresight Mental Capital and Wellbeing Project. Wellbeing and work; Future challenges, The Government Office for Science, London, UK. http://www.who.int/features/factfiles/mental_health/en/index.html	
Well-being at work	A state of life satisfaction, happiness, or subjective well-being directly derived from job satisfaction or the work life domain' (Sirgy 2006, 8) Sirgy, M. J. (2006), "Developing a conceptual framework of employee well-being (EWB) by applying goal concepts and findings from personality-social psychology". Applied Research in Quality of Life, vol. 1, no. 1, pp. 7-38. Examples from Finnish qualitative data: *It is nice to be at work when you know that in the evening you have a hobby class* *New skills help me to adapt in the changes at work place* *It is mentally important that you have also something else than only work* *It gives variation to my work*	I feel good at work nowadays
Well-being in daily life (not in survey, but will be needed in qualitative	Empirical result from Finnish study. Examples from Finnish qualitative data: *It offers a "breathing hole" in my daily life* *Helps to fight the grayness of daily life* *Interesting variation in my daily life*	

analysis)	*It is a real injection of stimulation in daily life* *I have been better able to cope with grey everyday life* *More shining in my everyday life*	
Work related benefits	*Definition: benefits and outcomes which help the individual to get, keep or advance in his/her job, get better income or any other benefits which are related to employment.* There is also a question about mobility, which relates to employability.	I have opportunities for better income I have alternative job or career opportunities I am willing to move in order to get a new job
Physical health	Definition: a relative state in which one is able to function well physically, mentally, socially, and spiritually in order to express the full range of one's unique potentialities within the environment in which one is living.	I am satisfied with my physical health
Health behaviour	Definition: Feinstein and Hammond (2004): learning has positive effects on a wide range of health behaviours, such as giving up smoking, increasing exercise, positive changes in behaviour and attitudes, and more healthy living.	I pay attention to my health I try to lead a healthy lifestyle I smoke I drink alcohol
Quality of life		(Double, asked also under mental wellbeing)
Family	Definition: here limited to parent – child relationships.	I have confidence in my ability as a parent I am supportive of my children's learning