

The list of critical situations in the VHS

If I am tempted to miss a lecture because I feel demotivated...

If I am tempted to miss a lecture because I feel tired/I'd rather rest...

If I am tempted to miss a lecture because I cannot be bothered...

If I am tempted to miss a lecture because I think the lecture recording/slides are enough on their own to learn the material...

If I am tempted to miss a lecture because I think that attending will not have any benefit beyond watching the lecture recording/looking at the slides....

If I am tempted to miss a lecture because I think the lecture will be boring...

If I am tempted to miss a lecture because I do not think I could face back-to-back lectures (e.g., a lecture for one class followed immediately by a lecture for another; or two lectures for the same class)...

If I am tempted to miss a lecture because I think the lecturer is not very engaging...

If I am tempted to miss a lecture because I have been asked or feel I have to do non-university (paid or voluntary) work...

If I am tempted to miss a lecture because I have a personal (e.g., caring) commitment...

If I am tempted to miss a lecture because I have an appointment (e.g., doctors/dentist)...

If I am tempted to miss a lecture because I am feeling down / low in mood...

If I am tempted to miss a lecture because I have a university deadline approaching (e.g., coursework)...

If I am tempted to miss a lecture because I feel behind/overloaded with university work (e.g., coursework, preparing for tutorials, preparing for exams or doing other tasks for classes)...

If I am tempted to miss a lecture because I am feeling stressed or overwhelmed...

If I am tempted to miss a lecture because I do not think I'll need to learn the content of the lecture for the exam...

If I am tempted to miss a lecture because The weather is miserable (e.g., rain/wind)...

If I am tempted to miss a lecture because I am hungover (or still feeling other effects of the night before)...

If I am tempted to miss a lecture because I think I will have trouble focusing/maintaining concentration...

If I am tempted to miss a lecture because I want to do something more fun (e.g., meet up with friends, go for a coffee)...

The list of goal-directed responses in the VHS

...Then I will remind myself that attending the lecture should help me to better understand the topic (e.g., provide

opportunities to ask questions and hear the answers to questions asked by other students).

...Then I will remind myself that attending lectures should help me get a higher mark.

...Then I will remind myself that I have a responsibility to learn the curriculum.

...Then I will remind myself that all lecture topics can come up in the final exam (i.e., all lectures and associated reading).

...Then I will remember that I need to attend lectures to be a competent, successful student.

...Then I will think about how disappointed I would be in myself for missing the lecture.

...Then I will remind myself that if I try hard enough I can overcome the situation and attend the lecture regardless.

...Then I will remember that I am committed to my studies and have the resources needed to attend and get through the lecture.

...Then I will remember that I have attended lectures in the past so I can do so again this time.

...Then I will make a concerted effort to ignore the temptation.

...Then I will focus on attending the lecture and what I need to do to ensure that happens.

...Then I will try not put myself in that situation again.

...Then I will control the situation to ensure that I do not miss the lecture (e.g., re-arrange appointments/commitments, organize my time better, try to manage my feelings or thoughts).

...Then I will make sure I reward myself if I attend the lecture.

...Then I will attend the lecture anyway but do something nice for myself afterwards.

...Then I will remember that there are support services in the university that can help me with things that might prevent me from attending lectures (e.g., Student Support & Wellbeing Service; Student Union; Study Skills).

...Then I will seek help from someone who can help me manage this situation (e.g., tutor, friends, family, doctor).

...Then I will think about the negative feelings I would experience if I missed the lecture (e.g., guilt, additional stress/feelings of unease from falling behind with the class, fear of failure).

...Then I will think how much better I would feel for attending the lecture (e.g., reassurance from keeping up with the class, feeling more likely to succeed).

...Then I will remember that it creates a poor learning environment when lectures are not well attended.

...Then I will tell myself that I will be contributing to a better learning environment for everyone if I attend the lecture (e.g., being available for discussions/responding to questions that demonstrate important concepts or ideas).

...Then I will remind myself that my absence might be noticed/will be recorded.

...Then I will remind myself that there is a societal expectation for me to attend lectures.

...Then I will remind myself that society is not accepting/critical of students who miss lectures.