

RESEARCH TOOLS

M.Ed. 2019-2021

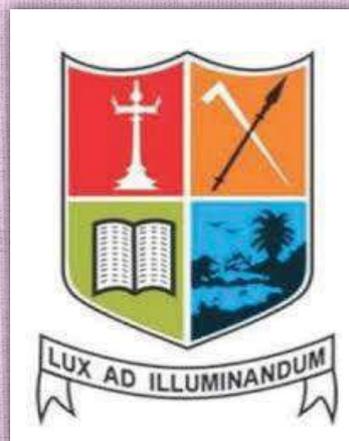
CHIEF EDITOR

Dr. T.M. MOLLYKUTTY

EDITORS

Ms. ANEETA GEORGE

Ms. PUSHPA GEORGE



**St. Thomas College of Teacher Education, Pala,
Kottayam, Kerala – 686575**

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**St. Thomas College of Teacher Education, Pala,
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**DEPARTMENT OF POST GRADUATE STUDIES IN EDUCATION
ST. THOMAS COLLEGE OF TEACHER EDUCATION PALA,
KOTTAYAM, KERALA – 686575**

FINANCIAL LITERACY TEST

Name of the Investigator

Jobin Thomas

Name of the Supervisor

Dr. Manju Joseph

INSTRUCTIONS

Read each question carefully and put a tick mark against your choice.

- For each question has four options given as a, b, c, d.
- Choose the correct answer.
- Do not skip any questions.
- Your responses will be kept confidential and will be used only for research purposes.

QUESTIONS

1. What kind of job do you like more?
 - a. Fixed monthly income
 - b. Work based salary setting
 - c. Time based salary
 - d. Contract work

2. As a farmer you borrow money from lenders. How do money lenders getprofit?
 - a. High rate of interest
 - b. Service charge
 - c. Travel expenses
 - d. No need to pay tax

3. As a college student you are doing a part time job, what is the main aim of it?
 - a. Income
 - b. Entertainment
 - c. Time pass
 - d. To pay your tax

4. What is the profit of a company owner?
 - a. Difference between income and expense
 - b. Market value
 - c. Product price
 - d. Income of the company

5. What will you do first when you want to make a monthly purchase?
 - a. Make a list
 - b. Find time
 - c. Search for offers
 - d. Find best shop

6. As a family man, how do you balance your income and expenditure?
 - a. Make budget plan
 - b. Buy lottery ticket
 - c. Invest in stock market
 - d. Ask friends for help

7. In a road construction bid, which contractor will get the project?
 - a. Contractor with lowest budget
 - b. Contractor with highest budget

- c. First applicant
 - d. Last applicant
8. If you are a businessman saving your money for day to day business transactions, which will you choose?
- a. Fixed deposit investment
 - b. Stock market
 - c. Current account
 - d. Savings account
9. As a college student your limited pocket money is invested in a savings account. How does the bank calculate the interest?
- a. Time period
 - b. Amount of money
 - c. Interest rate
 - d. All of the above
10. When people invest money in fixed deposits, what should they consider?
- a. Safety
 - b. Interest rate
 - c. Time period
 - d. All of the above
11. Why should we keep our savings in the bank?
- a. It is safe
 - b. Earn interest
 - c. Can be withdrawn any time
 - d. All of the above

12. Which among following is the characteristic of loans from local moneylenders?
- High rate of interest
 - No proper accountancy
 - No transparency
 - All of the above
13. Which of the following loans are provided by nationalised banks?
- Home loan
 - Car Loan
 - Education loan
 - All the the above
14. Which among the following provides interest to the banks?
- Deposit
 - Loan
 - Both a and b
 - None of the above
15. A regular employee buys home appliances for his new house, but he doesn't have enough money. Which of the following will he choose?
- Credit card
 - Money Order
 - Debit card
 - Demand draft

16. For the educational purpose, which is the most suitable loan for a student?
- Educational loan
 - Gold loan
 - Agriculture loan
 - Home loan
17. Among the following, which one allows business or individuals to purchase now and pay later?
- Capacity
 - Credit
 - Interest
 - Collateral
18. Which among the following is the disadvantage of credit card use?
- Hidden cost
 - Ease of over use
 - High interest rate
 - All of the above
19. Which among the following is the advantage of investing in land properties?
- High returns
 - Passive income
 - Large profit margins.
 - All of the above

20. If you purchase a car using EMI scheme, what is the risk involved?
- a. Need to pay interest
 - b. If you fail to pay EMI, you may lose your vehicle.
 - c. If you fail to pay EMI on time, it could lead to late payment charges
 - d. All of them
21. What motivates people to take risk in business?
- a. Job
 - b. Power
 - c. Profit
 - d. Security
22. Which of the following is a disadvantage of using cash as a form of financial exchange?
- a. The risk of theft decreases
 - b. Cash payments often incur fees
 - c. There is high risk of fraud
 - d. It is easy to be stolen or lost
23. Which of the following car has more cost of insurance?
- a. Car priced at 2 lakh
 - b. Car priced at 1 lakh
 - c. Car priced at 3 lakh
 - d. Car priced at 4 lakh

24. Which insurance is different from the other insurances given below?

- a. Life insurance
- b. Vehicle insurance
- c. House insurance
- d. Health insurance

25. If your credit card is lost, what should you do first?

- a. Go to nearest bank
- b. Report to the police
- c. Inform your bank
- d. Go to another ATM

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ST. THOMAS COLLEGE OF TEACHER EDUCATION PALA,
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**FINANCIAL LITERACY TEST
SCORING KEY**

Name of the Investigator

Name of the Supervisor

Jobin Thomas

Dr. Manju Joseph

SCORING KEY

Sl. No	Answer	Sl. No	Answer	Sl. No	Answer	Sl. No	Answer	Sl. No	Answer
1	A	6	A	11	D	16	A	21	C
2	A	7	A	12	D	17	B	22	D
3	A	8	C	13	D	18	D	23	D
4	A	9	D	14	B	19	D	24	A
5	A	10	D	15	A	20	D	25	C

**DEPARTMENT OF POST GRADUATE STUDIES IN EDUCATION
ST THOMAS COLLEGE OF TEACHER EDUCATION, PALA
KOTTAYAM, KERALA - 686575**

EXPERT EVALUATION PROFORMA

Supervisor: Mrs Aneeta George

Investigator: Joice Ruby Sen

Instructions

The Expert Evaluation Proforma contains thirty statements regarding the Instructional Package prepared by the investigator. Read each statement carefully and put a (√) mark against your response from the options given (To a very good extent, To a good extent, Needs improvement).

Sl No	Statements	To a very good extent	To a good extent	Needs
1	The instructional package states clearly the instructional objectives.			
2	The package covers the objectives of the 4MAT Instructional Design in each step.			
3	The objectives are aligned with the unit outcomes.			
4	The objectives are measurable and achievable.			
5	The content is presented according to the instructional objectives and syllabus.			
6	The content is based on the standards of 4MAT Instructional Design.			

7	The content is designed with lessons that break down complex tasks.			
8	The content is designed with lessons that cater to the students' learning needs and interests.			
9	The content addresses the individual learning style preferences and brain hemispheric preferences.			
10	The content is relevant for the wholeness and the balance of all learning style preferences in a single cycle of instruction.			
11	The content is sufficient and comprehensive with appropriate instructional guidelines and activities.			
12	The material is presented in a developmentally appropriate manner and in a sequentially organised way.			
13	The material is free from errors and is devoid of ambiguity.			
14	The language is clear and lucid for easy comprehension.			
15	The package shows everything that is relevant and avoids overloading of contents.			
16	The package consists of instructional contents that create meaningful student learning experiences around the concepts.			
17	The package includes a variety of instructional strategies suitable to each step of 4MAT Instructional Design.			
18	Instructional activities provided are capable of developing students' critical thinking.			

19	Instructional activities provided are capable of developing students' creative thinking.			
20	Instructional activities provided are capable of developing students' problem solving skills.			
21	Instructional activities provided are capable of developing students' performance skills.			
22	The instructional activities are helpful for developing practical skills and application in and out of the classroom.			
23	The instructional activities encompass provisions for teaching and evaluation for the on the spot monitoring of student learning.			
24	The instructional activities provided are capable of giving all learners the opportunity to practice all learning styles and whole brain learning.			
25	Instructional processes and activities are sufficient to create a learning environment that encourages positive social interaction, active engagement and self-motivation.			
26	The instructional package is helpful for the teachers in meeting the challenges of diverse learning styles in the classroom.			
27	The material is useful for the learners to learn in their own preferable way.			
28	The material is useful for the learners to practice all learning styles.			
29	The material is obvious and relevant to balanced teaching.			
30	The material is obvious and relevant to pupils sustained progress.			

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QUESTIONNAIRE ON AWARENESS OF SUSTAINABLE WASTE MANAGEMENT

Supervisor: Dr.T.M.Mollykutty

Investigator: Manu Antony

INSTRUCTIONS

- Read each Question carefully and put tick mark against your choice.
- Do not omit any Questions.
- Your responses will be kept confidential and will be used only for research purposes.

QUESTIONS

1. Do you think that a growing child should know the meaning of Sustainable WasteManagement at proper time?
2. Do you know the importance of composting vegetable wastes and food wastes at yourhome daily?
3. Do you know that it is the responsibility of each and every citizen to participate in WasteManagement programme whenever possible?
4. Do you know that using electronic equipment for a long period, instead of changing itoccasionally, is a part of sustainability?
5. Do you know the timings of mixing while making compost from domestic waste?
6. Do you know that processing of e-waste is more time consuming than other type of waste?
7. Are you aware about the daily disposal of vegetable and food wastes at

your home?

8. Do you know that throwing out electronic equipment without using its maximum period, is against the principle of reuse?
9. Do you know when to separate waste into different types according to its nature?
10. Do you think that fixing a day for collecting waste materials is part of proper waste management?
11. Are you aware about regular garbage collection services in your area?
12. Do you think that the proper management of waste in time may be reduce health problems?
13. Do you have knowledge about various Waste Management techniques?
14. Do you know how to produce new articles from waste materials?
15. Do you know the procedure of vermicomposting?
16. Do you support using ballpens with changeable refills?
17. Do you think that keeping your surroundings clean and tidy is a part of sustainable waste management?
18. Do you think recycling of water is a way to solve the problem of water scarcity?
19. Are you aware of various sustainable waste disposal techniques?
20. Do you think that separate containers are necessary for the disposal of different types of waste?
21. Are you aware about how the waste materials in your locality are collected?

22. Are you aware about various garbage collection and disposal procedures in your area?
23. Do you think that proper places of waste disposal are a part of proper waste management?
24. Are you aware about how the waste materials in your locality are disposed?
25. Do you have the knowledge that leaving a better environment to future generation is something good?
26. Do you know that reading articles on Sustainable Waste Management promote awareness related to it?
27. Are you aware about the result of proper waste management?
28. Do you know that taking shower bath reduces the use of water?
29. Do you know that a number of useful products can be created from waste materials?
30. Do you think that vermi compost is suitable for conserving soil and living beings?
31. Do you know that purchasing of unnecessary fancy items is against the rule of 'reduce waste'?
32. Are you aware about the purpose of separating plastic from food waste before disposal?
33. Do you think that it is the responsibility of the government to control waste?
34. Do you know that processing of e-waste is very difficult and expensive?
35. Do you think that flux boards are eco-friendly materials?

36. Do you know that the solid waste is the major issue currently affecting your natural environment?
37. Do you have knowledge about various ecofriendly products which promote sustainable waste management?
38. Do you know that most of the health problems could be minimized through a Sustainable Waste Management style?
39. Do you know what is meant by sustainable waste management?
40. Do you know that every single person has a responsibility to contribute to sustainable development in the society?
41. Do you know that putting waste paper in the school premises is against sustainable waste management?
42. Are you aware of waste in the road, land or in the public places?
43. Are you aware about the importance of health and sanitation awareness programmes of your school?
44. Are you aware about Indian Waste Management programmes?
45. Are you aware about various agencies who conduct training programmes on sustainable waste management?
46. Are you aware about waste reduction methods?
47. Do you think waste can be a resource?
48. Do you know that food waste belongs to biodegradable waste?
49. Are you aware about the waste which are biodegradable?
50. Do you know any environmental impact of plastic waste?

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QUESTIONNAIRE ON AWARENESS OF SUSTAINABLE WASTE MANAGEMENT

SCORING KEY

Supervisor: Dr.T.M.Mollykutty

Investigator: Manu Antony

Sl. No	Yes	No	Sl. No	Yes	No	Sl. No	Yes	No	Sl. No	Yes	No
1.	1	0	16	1	0	31	1	0	45	1	0
2.	1	0	17	1	0	32	1	0	46	1	0
3.	1	0	18	1	0	33	1	0	47	1	0
4.	1	0	19	1	0	34	1	0	48	1	0
5.	1	0	20	1	0	35	1	0	49	1	0
6.	1	0	21	1	0	36	1	0	50	1	0
7.	1	0	22	1	0	37	1	0			
8.	1	0	23	1	0	38	1	0			
9.	1	0	24	1	0	39	1	0			
10.	1	0	25	1	0	40	1	0			
11.	1	0	26	1	0	41	1	0			
12.	1	0	27	1	0	42	1	0			
13.	1	0	28	1	0	43	1	0			
14.	1	0	29	1	0	44	1	0			

**DEPARTMENT OF POST GRADUATE STUDIES IN EDUCATION
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CHECK LIST ON PRACTICES OF SUSTAINABLE WASTE MANAGEMENT

Supervisor: Dr.T.M.Mollykutty

Investigator: Manu Antony

INSTRUCTIONS

- Read each Statement carefully and put tick mark against your choice.
- Do not omit any Statements.
- Your responses will be kept confidential and will be used only for research purposes

CHECK LIST

1. Avoid use of plastic bags for shopping
2. Sell the plastic wastes to make new things out of it.
3. Sell the used notebooks and other papers for making new books.
4. Collect waste and clean home daily.
5. Dispose of wet waste out of the home daily.
6. Remove plastic waste through municipal services via authorized person.
7. Used tubes and bulbs are kept in separate bins.
8. Mixture in the compost pit is turned and stirred well occasionally.
9. Keep own shopping bags whenever go for shopping.

10. Use waste materials for art work.
11. Use recycled materials wherever possible.
12. Build Water tanks for harvesting rain water.
13. Biodegradable waste is used for bio gas production.
14. Put waste paper in dustbin.
15. Domestic waste is used for making good compost.
16. Use ash from kitchen as manure.
17. Light is switched off on leaving the room.
18. Use handmade kitchen cleaners, hand soap and glass cleaners
19. Use minimum quantity of water to solve the problem of scarcity of water.
20. Minimize the collection and accumulation of garbage by avoiding plastic bags.
21. Avoid plastic files and use paper files.
22. Donate old clothes to a fabric recycling facility.
23. Authorized persons from the locality come and collect the waste on alternatedays.
24. Plastic bags are not thrown in the river.
25. Plastic containers are not used to store kitchen items.
26. Keep waste items which decay quickly and slowly in separate waste bins.
27. Dry leaves in the courtyard are used for mulching.

28. Segregated biodegradable wastes are deposited in compost pits.
29. Use biogas for cooking.
30. Use pens with changeable refills.
31. Use bottled drinks if no other choice.
32. Use steel glasses instead of paper glasses whenever possible
33. Print on both sides to save overconsumption of papers.
34. Dig rain pits to collect rain water.
35. Segregate the waste materials into biodegradable and non-biodegradable before disposal.
36. Use separate containers for disposal of liquid and solid waste.
37. Separate containers are kept for plastic wastes at home.
38. Vegetable wastes are separated for the purpose of vermicompost.
39. Reduce purchase of fancy items to reduce waste.
40. Take shower bath to reduce the use of water.
41. Use single side used papers for writing to avoid the wastage of paper.
42. Use waste water from kitchen for watering plants.
43. Damaged electrical equipment is repaired and reused.
44. Avoid use of flex boards.
45. Avoid purchase of plastic decoration materials.
46. Separate places for storage of different types of waste are there in our locality.

47. Deposit glass bottles and broken glass pieces in a separate container.
48. Never deposit food waste along with plastic waste.
49. Vermicompost is used in our kitchen garden.
50. Use pieces of wood available in the yard as fuel whenever possible.

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**SCORING KEY OF CHECK LIST ON PRACTICES OF
SUSTAINABLE WASTEMANAGEMENT**

Supervisor: Dr.T.M.Mollykutty

Investigator: Manu Antony

SI. No	Yes	No	SI. No	Yes	No	SI. No	Yes	No	SI. No	Yes	No
1.	1	0	16	1	0	31	1	0	45	1	0
2.	1	0	17	1	0	32	1	0	46	1	0
3.	1	0	18	1	0	33	1	0	47	1	0
4.	1	0	19	1	0	34	1	0	48	1	0
5.	1	0	20	1	0	35	1	0	49	1	0
6.	1	0	21	1	0	36	1	0	50	1	0
7.	1	0	22	1	0	37	1	0			
8.	1	0	23	1	0	38	1	0			
9.	1	0	24	1	0	39	1	0			
10.	1	0	25	1	0	40	1	0			
11.	1	0	26	1	0	41	1	0			
12.	1	0	27	1	0	42	1	0			
13.	1	0	28	1	0	43	1	0			
14.	1	0	29	1	0	44	1	0			

**DEPARTMENT OF POSTGRADUATE STUDIES IN EDUCATION
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SCALE OF AWARENESS ON LIFESTYLE DISEASES

Name of the Supervisor:
Dr. T.M. Mollykutty

Name of the Investigator:
Meera Varghese

Instructions:

- Read each statement carefully and put a tick (✓) mark against your choice.
- Do not omit any statement.
- Your response will be kept confidential and will be used only for research purpose.

Sl. No.	Statement	Strongly Agree	Agree	Un-decided	Disagree	Strongly Disagree
1	Lifestyle disease is one of the major crisis in Kerala.					
2	Unhealthy lifestyles are the causes of Lifestyle diseases.					
3	Lifestyle related diseases are now the leading cause of death worldwide.					
4	Regular exercise can control your body weight.					
5	Regular soft drink consumption is dangerous to health.					

6	Fast food is not goodfor health.					
7	Meditation practicesreduce high blood glucose level.					
8	Regular exercise canreduce lifestyle diseases.					
9	Avoiding food with additives and preservatives is goodfor health.					
10	Air pollution is thesecond leading cause of deathsfrom lifestyle diseases after tobacco-smoking.					
11	Physical activities helpreduce the chances of lifestyle diseases.					
12	Lifestyle diseases occur only in old age.					
13	Unhealthy diet andsedentary lifestyle cause obesity.					
14	Obesity increases thechance of other lifestyle disorders.					
15	The consumption of fried/ Oily food badly affects the functions ofthe liver and heart.					
16	Keeping blood pressure under controlwill reduce a person'schance of occurring heart diseases.					
17	Lifestyle diseases are becoming a leading public health problem.					
18	Avoiding excess saltintake prevents lifestyle diseases.					

19	Daily fruit intake can prevent lifestyle diseases.					
20	Regular meditation is important in treatment of lifestyle diseases.					
21	Radiation and noise create lifestyle diseases.					
22	Controlling our diet will reduce the chance of getting lifestyle diseases in future.					
23	Lifestyle diseases can be prevented through reduction in smoking of tobacco.					
24	Second hand tobacco smoke is a cause of lifestyle diseases.					
25	Fruits and vegetables provide immunity.					
26	Eating nuts and seeds regularly can prevent lifestyle diseases.					
27	Fiber rich food controls obesity.					
28	Creating healthier environments reduces lifestyle diseases.					
29	Changes in bad food habits results in occurrence of lifestyle diseases					
30	Diabetic is on the high in Kerala.					
31	Lifestyle diseases are diseases associated with the way a person or a group of persons live.					

32	Hypertension leads to heart attacks, stroke and kidney failure.					
33	Overweight and obesity leads to heart attack, hypertension, breast cancer, diabetes and joint problems.					
34	Erratic sleep schedules, binge eating high calorie foods and lack of exercise may lead to a significant increase in lifestyle diseases					
35	Children who are healthy and have knowledge are the promises of tomorrow.					
36	When intake of calories exceeds the amount of calories it increases the prevalence of obesity.					
37	Lifestyle diseases are ailments that are primarily based on the day to day habits of people.					
38	Diabetes is linked to unhealthy lifestyles and dietary habits.					
39	Obesity, family history of diabetes mellitus and heart disease were found to have significant associations with childhood hypertension.					
40	Addictive nature of smoking & alcohol are harmful to health.					
41	The nutritional status is directly associated with increase in blood pressure values.					

42	Healthy lifestyle includes balanced diet & regular physical activity.					
43	Adoption of healthy lifestyles is critical for the prevention of lifestyle diseases.					
44	Obesity is a major crisis in Kerala State.					
45	Taking food at irregular time leads to obesity					
46	Obesity incidence is higher in boys compared to the girls.					
47	Obese children are prone to heart attacks, hypertension and diabetes.					
48	Tobacco causes painful death.					
49	Reducing intake of Cholesterol and Saturated fat can control Hypertension.					
50	Lifestyle diseases sometimes cause disability.					
51	Alcohol impairs the body's ability to fight Lifestyle diseases.					
52	Poor dietary / nutritional behaviours contribute to increased risk of lifestyle diseases.					
53	Low consumption of fruits and vegetables increase the risk of lifestyle diseases.					
54	High waist- hip ratio is a symptom of Obesity					

55	Hypertension, obesity etc are the stress related lifestyle diseases.					
56	Low consumption of nuts and seeds increase the risk of lifestyle diseases.					
57	Family-based behavioural intervention programs (FBIPs) can control childhood obesity.					
58	Avoiding excess fat intake prevents Lifestyle Diseases.					
59	Eating a big meal before bed leads to obesity.					
60	Sea food prevents lifestyle related diseases.					

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SCALE OF AWARENESS ON LIFE STYLE DISEASES
SCORING KEY

Supervisor: Dr. T.M. Mollykutty

Investigator: Meera Varghese

Sl.No.	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1.	5	4	3	2	1
2.	5	4	3	2	1
3.	5	4	3	2	1
4.	5	4	3	2	1
5.	5	4	3	2	1
6.	5	4	3	2	1
7.	5	4	3	2	1
8.	5	4	3	2	1
9.	5	4	3	2	1
10.	5	4	3	2	1
11.	5	4	3	2	1
12.	1	2	3	4	5
13.	5	4	3	2	1
14.	4	4	3	2	1
15.	5	4	3	2	1
16.	5	4	3	2	1
17.	5	4	3	2	1

18.	5	4	3	2	1
19.	5	4	3	2	1
20.	5	4	3	2	1
21.	5	4	3	2	1
22.	5	4	3	2	1
23.	5	4	3	2	1
24.	5	4	3	2	1
25.	5	4	3	2	1
26.	5	4	3	2	1
27.	5	4	3	2	1
28.	5	4	3	2	1
29.	5	4	3	2	1
30.	5	4	3	2	1
31.	5	4	3	2	1
32.	5	4	3	2	1
33.	5	4	3	2	1
34.	5	4	3	2	1
35.	5	4	3	2	1
36.	5	4	3	2	1
37.	5	4	3	2	1
38.	5	4	3	2	1
39.	5	4	3	2	1
40.	5	4	3	2	1
41.	5	4	3	2	1
42.	5	4	3	2	1
43.	5	4	3	2	1
44.	5	4	3	2	1

45.	5	4	3	2	1
46.	1	2	3	4	5
47.	5	4	3	2	1
48.	5	4	3	2	1
49.	5	4	3	2	1
50.	5	4	3	2	1
51.	5	4	3	2	1
52.	5	4	3	2	1
53.	5	4	3	2	1
54.	5	4	3	2	1
55.	5	4	3	2	1
56.	5	4	3	2	1
57.	5	4	3	2	1
58.	5	4	3	2	1
59.	5	4	3	2	1
60.	5	4	3	2	1

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QUESTIONNAIRE ON FOOD HABITS

Supervisor Dr. T.M. Mollykutty

Investigator: Meera Varghese

Instructions:

- There are 4 options (a, b, c & d) for each question.
- Read each question carefully and put a tick(✓) mark on the most appropriate answer corresponding to each question.
- Do not skip any questions.
- Your response will be kept confidential and will be used only for research purpose

Sl.No.	Questions
1.	How many meals do you typically eat in a day? a) 1 b) 2 c) 3 d) 4
2.	Whom do you prefer to eat with? a) Whole family b) Some members of family c) Alone d) Friends

3. What kind of snacks do you like?
 - a) Sweet
 - b) Salty or Spicy
 - c) Both
 - d) Neither

4. How often do you eat snacks between meals in a day?
 - a) Never
 - b) 1
 - c) 2-3
 - d) 4

5. How often do you eat dessert?
 - a) Always
 - b) Sometimes
 - c) Only on special occasions
 - d) Never

6. What do you eat for breakfast most days?
 - a) Wheat snacks (Chapathi)
 - b) Rice snacks (Appam, puttu etc)
 - c) Maggie, biscuits or other fast food
 - d) Other

7. Where do you usually eat breakfast?
 - a) At home
 - b) At School
 - c) Restaurant

d)Skip breakfast

8. Do you follow the diet that your family follows?
- a)Not at all
 - b)A little
 - c)Somewhat
 - d)Very much
9. How often do you eat fried food?
- a)Daily
 - b)1-3 times a week
 - c)Less than once a week
 - d)Rarely
10. What do you usually have eat for your main meal of the day?
- a) Vegetarian
 - b) Non vegetarian
 - c) Snacks
 - d) Other
11. How often do you eat fruits?
- a)Daily
 - b) 2 - 3 times in a week
 - c) Once in a week
 - d) Rarely
12. How many times a week do you eat fast food / parcel?
- a)Rarely

- b)2-3 times a week
- c)Daily
- d)More than once in a day

13. How often do you consume dairy products (milk, curd, butter, cheese)?

- a)Never
- b) Rarely
- c)2-3 times in a week
- d)Daily

14. Where do you like to buy your food from?

- a)Bakery
- b) Vegetarian hotel
- c)Non Vegetarian hotel
- d)Street sidevendors

15. How often do you drink soft drinks?

- a) I don't use soft drinks
- b)Rarely
- c) Once a week
- d) Daily

16. Do you eat vegetables every day?

- a)Everyday
- b) 3,4 days in a week
- c) Once in a week
- d) Never

17. At what time do you prefer to eat supper?
- a) Before 8 p.m
 - b) 8 p.m - 9 p.m
 - c) 9 p.m- 10p.m
 - d) After 10 p.m
18. What kind of beverages do you prefer to drink?
- a)Water/Juice
 - b) Coffee/tea/Milk
 - c) Energy drinks/Sports drinks
 - d) Cool Drinks
19. What type of food do you prefer to buy?
- a)Cooked food
 - b)Fresh food
 - c)Packed food
 - d)Canned food
20. What does your main meal during a weekend consist of?
- a)Freshly home-cooked meals
 - b)Restaurant meals
 - c)Packaged food
 - d)Other
21. It is important that the food I eat...
- a) Contains protein
 - b) Contains vitamins & minerals
 - c) Contains fat

d)Contains all of the above

22. Do you think Fast Food restaurants sell healthy food?
- a) All
 - b) Most
 - c) Many
 - d) Some
23. Which of the given factors is most important when eating out?
- a) Convenience
 - b) Health
 - c) Price
 - d) Taste
24. Do you think that eating healthy food is more expensive?
- a) It is very expensive
 - b) It is not too expensive
 - c) Sometimes it is expensive and sometimes it is inexpensive
 - d) It is not expensive
25. Which factor influences your food habits the most?
- a) Advertisements
 - b) Parents
 - c) Friends
 - d) Previous experience
26. Where do you prefer to eat when you are eating out?
- a) Famous restaurants in town

- b) Street side vendors
- c) New restaurants
- d) Others

27. Do you think that fast food is not good for health?
- a) Fast food is very harmful
 - b) Not very harmful
 - c) Not at all harmful
 - d) I don't know
28. Does a brand affect your choice of food?
- a) Yes brands affect my food choice
 - b) Sometimes it affects my food choice
 - c) I don't pay attention to brand names
 - d) I don't know about the food brands
29. Do your emotions like happiness, sadness etc affect your food habits?
- a) Yes, My emotions affect my food habits
 - b) Sometimes my mood affects my food habits
 - c) No my mood does not affect my food habits
 - d) I have not paid attention to it
30. Do you think that fast food is delicious?
- a) Not at all delicious
 - b) A little delicious
 - c) Somewhat delicious
 - d) Very delicious

31. Do you think that food ordered from outside is enough to make you feel full?
- a) It is very small
 - b) It is adequate
 - c) It is large
 - d) It is too much for one person
32. Which do you prefer?
- a) Homemade food
 - b) Fast food
 - c) Restaurant food
 - d) Nothing
33. What attracts you to outside food?
- a) Food stores provide an attractive environment
 - b) Clean and Safe
 - c) Food portions are large enough to feel full
 - d) I don't like to eat food from outside
34. What is your attitude towards food additives?
- a) It makes food extremely tasty
 - b) Not good for health
 - c) I don't know about additives
 - d) I don't care
35. Which of the following attracts you to food the most?
- a) Flavour
 - b) Texture

- c) Appearance
- c) Smell

36. Do advertisements influence your eating habits?
- a) Advertisements play no role in my eating habits
 - b) Advertisements have a little role in my eating habits
 - c) Advertisements play an important role in my eating habits
 - d) I don't know
37. How much food do you eat during special occasions (birthday party, marriage function etc)?
- a) Normal
 - b) Less than normal
 - c) More than normal
 - d) Depends on the situation
38. Your parents are interested in:
- a) Homemade food
 - b) Fast food
 - c) Restaurant food
 - d) They don't eat out
39. Does peer pressure affect your food habits?
- a) No, My peer group has no role in my eating habits
 - b) Yes, They play a small role in my eating habits
 - c) Yes, They play a significant role in my eating habits
 - d) Yes, They determine my food habits

40. Who is the most important external influence on your food habits?
- a) Parents
 - b) Friends
 - c) Teachers
 - d) Grandparents
41. Do you know about the nutritional value of food items?
- a) Yes, I know very much
 - b) I know a little
 - c) I don't know
 - d) I don't want to know
42. Which food advertisements do you like the most?
- a) Sugary drinks
 - b) Chocolate
 - c) Fast food
 - d) Other
43. Do you have self-control in food consumption?
- a) Yes, I have
 - b) Very little
 - c) Very much
 - d) No, I don't
44. Do you think that overeating can lead to health problems?
- a) I don't think so
 - b) It can sometimes lead to health problems

- c) It leads to serious health problems
 - d) I don't know
45. On a special occasion what type of food do you eat more?
- a) Vegetarian
 - b) Non Vegetarian
 - c) Desserts
 - d) All
46. Eating fast food is twice or less per week would be:
- a) Harmful
 - b) Does not affect my health
 - c) Good for health
 - d) I don't know
47. Do you think that changing your bad food consumption behaviors would be difficult?
- a) Not at all
 - b) A little bit difficult
 - c) Somewhat difficult
 - d) Very difficult
48. Do you buy and eat your favorite food item again and again?
- a) I always buy my favorite food repeatedly
 - b) I sometimes buy my favorite food items
 - c) I always buy new food items
 - d) I don't buy

49. Do you think that your favorite food has a lot of calories?
- a) It is low in calories
 - b) It has moderate calories
 - c) It has very high calories
 - d) I don't know
50. Which type of food do you normally take with you to school?
- a) Homemade meals
 - b) snacks
 - c) Fast food /packed food
 - d) I don't eat at school

**DEPARTMENT OF POST GRADUATE STUDIES IN EDUCATION
ST. THOMAS COLLEGE OF TEACHER EDUCATION,
PALAKOTTAYAM, KERALA – 686575**

SCALE ON CONSUMER BUYING BEHAVIOUR

Supervisor: Dr. T. M. Mollykutty

Investigator: Joffy J. Njavallil

Instructions:

- Read each statement carefully and put tick mark against your choice.
- For every statement, there are five possible responses:
Always, Often, Sometimes, Rarely, Never.
- Do not omit any statement.
- Your responses will be kept confidential and will be used only for research purpose.

Sl. No.	Statements	Always	Often	Sometimes	Rarely	Never
1.	I search products of different companies before buying a particular product.					
2.	I like to buy and use variety products used by my friends.					
3.	My buying behaviour is influenced by the buying behaviour of my parents.					
4.	I buy a product if I hear about a price drop from my friends.					
5.	My family insists that value of the product should be considered on buying.					
6.	I and my friends prefer shops that offer parking facility.					

7.	I think that I get better quality products from shops in urban area.					
8.	If we need a product, I and my friends wait for the discount offers.					
9.	I shop more items during discount offers in festival seasons.					
10.	I consider the price fluctuations before buying fruits and vegetables from the market.					
11.	I purchase product that I can afford with my family income.					
12.	I and my friends prefer to buy more products if credit facility is available.					
13.	I watch advertisements of products on different media.					
14.	While shopping, I and my friends choose those products that we frequently see in advertisements.					
15.	I and my friends prefer to use imported products over local products.					
16.	I make use of the government subsidies given for various products.					
17.	While buying products I make sure that they are suitable to my society's culture.					
18.	My family values influence the products that I purchase.					
19.	I and my friends believe that luxury products can improve our life style.					
20.	I prefer to buy products that are used by my parents.					
21.	I and my family believe that traditional products are better than modern products.					

22.	I consider the suggestions of people close to me while buying a product.					
23.	I am bothered about my family's response on buying a product.					
24.	My buying behaviour is influenced by my preferences alone.					
25.	The products that I buy reflect my life style.					
26.	I choose to buy products that help me to stand out from my friends.					
27.	My level of satisfaction determines whether or not to purchase a product to my home.					
28.	Using branded products improves my prestige in the society.					
29.	My parents have told me to buy things only if they are needed.					
30.	I select products that are most suitable for me.					
31.	I and my friends like to have junk food than homemade food.					
32.	I consider various alternatives available in the market before buying a product.					
33.	I depend on wholesale shop for purchasing items.					
34.	I purchase bulk quantities of items for my family.					
35.	If my friend has a shop, I try to purchase from there.					
36.	I prefer to buy products with after sale service.					
37.	I eagerly give details in the feedback form after purchasing a product.					

38.	I keep warranty/guaranteecard of products safe at home.					
39.	My family insists on buying certain brands of products.					
40.	I visit exclusive showrooms of popular brands with my friends.					
41.	I believe that branded products have high quality.					
42.	I choose to shop with my friends at retail shops with appealing appearance.					
43.	Retail choice is based on fair price offered by the shop.					
44.	My parents insist on shopping from super markets.					
45.	My friends purchase high price products because price shows quality.					
46.	My family keeps aside fixed amount for monthly purchase.					
47.	I purchase items with complements or discounts.					
48.	The durability of a product affects my family's purchasing frequency.					
49.	I try to purchase for my family once in a month.					
50.	I go for shopping whenever my friends go for shopping.					

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KOTTAYAM, KERALA – 686575

SCALE ON CONSUMER BUYING BEHAVIOUR
SCORING KEY

Supervisor :Dr. T. M. Mollykutty

Investigator: Joffy J. Njavallil

Sl. No.	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1.	5	4	3	2	1
2.	5	4	3	2	1
3.	5	4	3	2	1
4.	5	4	3	2	1
5.	5	4	3	2	1
6.	5	4	3	2	1
7.	1	2	3	4	5
8.	5	4	3	2	1
9.	5	4	3	2	1
10.	5	4	3	2	1
11.	5	4	3	2	1
12.	1	2	3	4	5
13.	5	4	3	2	1
14.	1	2	3	4	5
15.	1	2	3	4	5
16.	5	4	3	2	1
17.	5	4	3	2	1
18.	5	4	3	2	1

19.	1	2	3	4	5
20.	5	4	3	2	1
21.	5	4	3	2	1
22.	5	4	3	2	1
23.	5	4	3	2	1
24.	5	4	3	2	1
25.	5	4	3	2	1
26.	1	2	3	4	5
27.	5	4	3	2	1
28.	5	4	3	2	1
29.	5	4	3	2	1
30.	5	4	3	2	1
31.	1	2	3	4	5
32.	5	4	3	2	1
33.	5	4	3	2	1
34.	5	4	3	2	1
35.	5	4	3	2	1
36.	5	4	3	2	1
37.	5	4	3	2	1
38.	5	4	3	2	1
39.	5	4	3	2	1
40.	5	4	3	2	1
41.	5	4	3	2	1
42.	5	4	3	2	1
43.	5	4	3	2	1
44.	5	4	3	2	1
45.	1	2	3	4	5
46.	5	4	3	2	1
47.	5	4	3	2	1

48.	5	4	3	2	1
49.	5	4	3	2	1
50.	1	2	3	4	5

**DEPARTMENT OF POST GRADUATE STUDIES IN EDUCATION
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KOTTAYAM, KERALA – 686575**

QUESTIONNAIRE ON ONLINE SHOPPING TRENDS

Supervisor: Dr. T. M. Mollykutty

Investigator: Joffy J. Njavallil

Instructions:

- Read each statement carefully and put tick mark against your choice.
- Do not omit any statement.
- Your responses will be kept confidential and will be used only for research purpose.

Sl.No	Questions
1.	How often you buy products online? a) Frequently b) Once in a month c) Once in six months d) Once in a year
2.	What influenced you in developing your attitude towards online shopping? a) Family b) Friends c) Print media d) Digital media
3.	What influenced you in developing a good attitude towards online purchasing? a) Wider choices b) Better offers c) Savings in time and effort d) Good service
4.	What is your attitude towards online shopping? a) Risky b) Easy c) Difficult d) Not interested
5.	How was your first experience with online shopping? a) Nervous b) Confused c) Comfortable d) Not comfortable

6. How much time did it take for online shopping to become an easy experience for you?
 - a) Less than a month
 - b) One month to six months
 - c) Six months to one year
 - d) More than one year

7. How much time does it take for you to place an order while purchasing online?
 - a) Less than five minutes
 - b) Five to ten minutes
 - c) Ten to twenty minutes
 - d) More than twenty minutes

8. Select the most important factor that makes online purchase easy?
 - a) Customer friendly websites
 - b) Less technical jargon
 - c) Simple procedures
 - d) Less data requirements

9. What percentage of your purchase requirements are met through online purchase?
 - a) Below 25%
 - b) 25-50%
 - c) 50-75%
 - d) Above 75%

10. What is your first preference in an online purchase?
 - a) Discount
 - b) Combo offer
 - c) Home delivery
 - d) Variety of products

11. Which is the most influential factor for online purchase?
 - a) Ease of use
 - b) Time saving
 - c) Better prices
 - d) Wider reach

12. What is the nature of different brands available online?
 - a) Genuine
 - b) Duplicate
 - c) Damaged products
 - d) Used products

13. What percentage of your total purchase is from popular brands while shopping online?
 - a) Less than 25%
 - b) 25%-50%
 - c) 50%-75%
 - d) More than 75%

14. In which item you mostly choose branded products online?
 - a) Clothing
 - b) Electronics
 - c) Bags and footwear
 - d) Cosmetics

15. Which service influenced you the most in online purchase?
a) Order processing b) Logistics c) Home delivery service d) Product return
16. What affects the timely delivery of goods that you purchase online?
a) Weather conditions b) Seller c) Delivery boy d) Shipping process
17. How confident are you to receive exactly the same product ordered online?
a) Less than 25% b) 25% -50% c) 50-75% d) 75%-100%
18. As an online customer do you believe that you can avail warranty/ guaranteeservices when needed?
a) Only warranty b) Only guarantee c) Both warranty and guarantee
d) Neither warranty nor guarantee
19. According to you which gender category is most targeted by online shoppingsites?
a) Male b) Female c) Both d) Not sure
20. Online shopping most widely seen in which locale?
a) Urban areas b) Semi urban areas c) Outskirts d) Rural areas
21. How many layers of packing is done by the seller to ensure the safety of theproduct in transit?
a) No packing b) One c) Two d) More than two
22. What factor ensures the safety of goods in transit?
a) Better packing b) Better mode of transport c) Transit insurance
d) Better logistics
23. Are the products delivered by online shopping sites exactly the same as seenin the interface of these websites?
a) Yes b) No c) Mostly d) Rarely

24. What information is most clearly available in the interface of an onlinewebsite?
a) Price details b) Colour and texture of the product c) Quality of the product
d) Features of the product
25. What is the most experienced difficulty in the interface of online shoppingsites?
a) Complexity in using b) No opportunity to see and verify the product
c) Difficulty in comparison d) Difference in colours
26. How confident are you that your personal information is kept secure when buying products online?
a) Below25% b) 25-50% c) 50-75% d) Above75%
27. How confident are you that your personal information is kept confidentialwhen buying products online?
a) Below25% b) 25-50% c) 50-75% d) Above75%
28. Which among the following is the most crucial in making payments for onlinepurchase safe?
a) Cash on delivery facility b) Monitored payment gateways
c) OTP and mobile verification d) Firewalls
29. Which of the following makes your personal data secure in onlinetransactions?
a) Firewalls b) Lesser need for personal data c) Monitoring by cyber cell
d) More responsibility assumed by online sellers
30. Which device is mostly used by you in accessing online sites?
a) Mobile b) Personal computers c) Laptop d) Tablet
31. Which online shopping aid is most crucial in making a purchase decision?
a) Filtering b) Comparison c) Sorting d) Search

32. What factor you consider as the most significant when you compare two products?
a) Price b) Combo offers c) Quality d) Discounts
33. Which feature of online purchase mostly satisfy you?
a) Faster delivery of goods b) Wider choices c) Better offers and discounts
d) Better customer redressal services
34. Which product category offers the highest level of satisfaction when purchased online?
a) Electronic goods b) Household items c) Luxury goods d) Cosmetic items
35. Which among the following features of online purchase are you least satisfied with?
a) Quality of products b) Lack of delivery service at your location
c) Poor packing d) Changes in ordered product
36. Which of the following areas must be improved to enhance the satisfaction level of customers in online shopping?
a) Customer interface b) Logistics c) Quality of service
d) Quality of products
37. How fast you became a regular customer of online sites?
a) Less than a month b) one to six months c) six months to one year
d) above one year
38. When will you confirm that your order is placed online?
a) Item is added to the cart b) Cash withdrawal message is received from your bank
c) Order placed message is received from seller
d) Tracking details appear
39. Which is the most effective channel to confirm an order placed online?
a) Email b) Text message c) Phone call d) Tracking details

40. What is the purpose of an order confirmation message?
a) To build trust of the customer b) For future queries
c) To end the transaction d) To show details of the purchase
41. What is the most influential loyalty incentive offered by online purchasing sites?
a) Offers b) Discounts c) Reward points d) Membership schemes
42. How many orders are required to receive loyalty incentives from shopping sites?
a) One b) 2-4 c) 5-7 d) Above 7
43. What percentage of your total expenditure is saved by loyalty incentives?
a) Less than 10% b) 10-20% c) 20-30% d) Above 30%
44. What is the purpose of loyalty incentives offered in online shopping sites?
a) Increase the purchase frequency b) Activate 'sleeping' customers
c) Get more check-outs d) To increase website rating
45. Which is the most crucial determinant in building trust for in online shopping site?
a) Years of experience b) Rating by other users c) Personal experiences
d) Rating by rating agencies
46. Which is the most crucial factor in losing trust of an online shopping site?
a) Poor quality of goods b) Poor service c) Payment issues
d) Privacy concerns
47. What is your major concern while making payments online?
a) Cybercriminals b) Governments collecting customer data c) Internet companies collecting customer data
d) Other online organizations collecting customer data

48. If your trust with an online merchant is lost, what helps them to regain your trust?
a) Provide compensation b) Re return of new product c) Contact by customer care d) Provide additional offers
49. How many online shopping sites you continuously use over an year?
a) One b) 2-4 c) 4-6 d) Above 6
50. Which characteristics of an online purchasing site influences you to be a permanent customer?
a) Wider choices b) Better offers c) Appealing website d) Good service
-

**DEPARTMENT OF POST GRADUATE STUDIES IN EDUCATION
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KOTTAYAM, KERALA – 686575**

SCALE ON COGNITIVE SELF MANAGEMENT

Supervisor: Dr. Anju K Paul

Investigator: Asha. T

Instructions

- Read each statement carefully and put a tick mark against your choice.
- For every statements, there are three responses,
- That are: Strongly Agree, Agree, Undecided, Disagree, and Strongly Disagree
- Do not omit any statement.
- Your response will be kept confidential and will be used only for research purposes.

Sl.No.	Statement	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1	I do my home work with all my attention					
2	I have a positive attitude towards myself					
3	I try to do my best in school activities					
4	I praise myself even when others do not praise me					
5	I spend time by thinking deeply about my success					

6	I am polite and respectful to others in society					
7	My parents strongly support my energetic mind					
8	I appreciate myself for my success					
9	I make a to-do list every day					
10	I spend time for enjoying my successes					
11	I finish my class work on time					
12	I make schedules to help myself finish tasks on time					
13	I take effort to make time for planning					
14	I control my mood very well for doing homework					
15	I try to finish tasks on time					
16	I organize my works systematically					
17	I generally receive attention of my work					
18	I gain self-confidence from my creative thoughts					
19	I fulfill my tasks step by step in school					
20	My class activity is always neat and organized					
21	My behavior is usually an expression of my true inner feelings					
22	Compared to my friends, I can do most tasks very well					
23	I am able to handle a problem, that I should face					
24	I can raise doubts in the classroom about difficult parts of lessons					
25	I am emotionally disturbed even in my small faults					
26	I think that people look down on me					

27	I think others see my defects only					
28	My goals are meaningful to me and my parents					
29	I will be able to achieve my goals					
30	I am able to successfully overcome the challenges in my Study					
31	I am confident that I can perform effectively on the different tasks in the class					
32	I am always aware about the goal of my actions					
33	I make sure to track my progress in my exam regularly					
34	I set goals for myself and keep track of my progress					
35	I spend time setting goals for myself					
36	My goals are based on my own interests					
37	I set goals to help me be more successful in school					
38	I set short-term goals for myself					
39	When I have a problem, I dedicate time and effort to find its solution					
40	I know well about how to do my class works					

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SCALE ON COGNITIVE SELF MANAGEMENT

Supervisor: Dr. Anju K Paul

Investigator: Asha. T

S.No.	Strongly agree	Agree	Undecided	Disagree	Strongly Disagree
1	5	4	3	2	1
2	5	4	3	2	1
3	5	4	3	2	1
4	5	4	3	2	1
5	5	4	3	2	1
6	5	4	3	2	1
7	5	4	3	2	1
8	5	4	3	2	1
9	5	4	3	2	1
10	5	4	3	2	1
11	5	4	3	2	1
12	5	4	3	2	1
13	5	4	3	2	1
14	5	4	3	2	1
15	5	4	3	2	1
16	5	4	3	2	1
17	5	4	3	2	1
18	5	4	3	2	1
19	5	4	3	2	1

20	5	4	3	2	1
21	5	4	3	2	1
22	5	4	3	2	1
23	5	4	3	2	1
24	5	4	3	2	1
25	5	4	3	2	1
26	5	4	3	2	1
27	5	4	3	2	1
28	5	4	3	2	1
29	5	4	3	2	1
30	5	4	3	2	1
31	5	4	3	2	1
32	5	4	3	2	1
33	5	4	3	2	1
34	5	4	3	2	1
35	5	4	3	2	1
36	5	4	3	2	1
37	5	4	3	2	1
38	5	4	3	2	1
39	5	4	3	2	1
40	5	4	3	2	1

ST.THOMAS COLLEGE OF TEACHER EDUCATION, PALA
POST GRADUATE DEPARTMENT OF EDUCATION
EXPERT EVALUATION PROFORMA

Investigator: Jais Jose

Supervisor: Dr. Anju K. Paul

INSTRUCTIONS

The Expert Evaluation Proforma contains twenty eight statements. Read each statement carefully and put a tick (√) mark against your response, relevant to the Learning Package in English Language Based on Contextualised Word Family Model, from the options given (Very Good, Good, Need Improvement).

Sl.No.	Items	To a great extent	To a good extent	Need Improvement
1.	The objectives are clearly stated.			
2.	The objectives are suited to the prescribed syllabus			
3.	The objectives are suitable for the age of the learner			
4.	Objectives are based on the needs of the learners.			
5.	The steps of the learning package are learner-friendly			
6.	The content is free from errors			
7.	Content is interesting and motivating for target audience.			
8.	The content is presented in clear and precise form.			
9.	Illustrations and images are provided in appropriate places.			

10.	The base word selected for each lesson plan is suitable to be taught using the Contextualized Word Family model			
11.	The steps of each lesson plan closely follows the steps of the Contextualized Word Family model			
12.	The activities of the learning package are designed according to the specific instructional objectives.			
13.	The learning package helps teachers to aid the students in acquiring knowledge of the word family			
14.	The learning package helps to provide the students with insight into the structural characteristics of word family			
15.	The students are kept active and alert with a number of activities			
16.	The learning activities provided are interesting and motivating to the target group of students.			
17.	The activities help the students to understand the contextual use of the words			
18.	The topics for non-linguistic representation are suitable to develop the interest of the students			
19.	The learning activities present a range of challenges to students with different learning styles.			
20.	The activities are effective for enhancing the LSRW skills in students			
21.	The writing activity help the students to make contextual use of the different word family members in			

	developing write-ups			
22.	The topics provided for paragraph writing is appropriate to develop write-ups			
23.	The package is helpful in introducing other members of the word family to the learners which can boost their vocabulary growth.			
24.	The worksheet is designed appropriate to the steps of the learning package			
25.	The organization of the worksheet is suited to retain the interest of the learners			
26.	The worksheet help the teacher to evaluate the student's learning process and vocabulary acquisition			
27.	The worksheet and PowerPoint slides are designed in a student friendly manner			
28.	Overloading of unwanted information was avoided in the PowerPoint slides			

DEPARTMENT OF POST GRADUATE STUDIES IN EDUCATION
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QUESTIONNAIRE ON DIGITAL LITERACY

Supervisor: Dr. Manju Joseph

Investigator: Jithu K K

Instructions

- Read each question carefully and put a tick mark against your choice.
- For every questions, there are two responses, That are: Yes and No
- Do not omit any questions.
- Your responses will be kept confidential and will be used only for research purposes.

Sl. No.	Questions	Yes	No
1.	Do you know how to download a file from e-mail?		
2.	Do you know how to download newspapers?		
3.	Do you know how to download a movie?		
4.	Do you know how to download a picture from the internet?		
5.	Do you know how to search your school details in Google?		
6.	Do you know how to search unfamiliar topics from the internet?		
7.	Do you know how to check the weather from the internet?		

8.	Do you know how to check the lottery result from the internet?		
9.	Do you know how to watch videos in you tube?		
10.	Do you know how to order a phone for your parents from the internet?		
11.	Do you know what the ' Home' icon means?		
12.	Do you often check the price of items from internet?		
13.	Did you download an app from the internet before?		
14.	Do you like playing games in phone?		
15.	Do you recognize the authorized sources for downloading apps?		
16.	Do you help your parents to download apps?		
17.	Are you aware of the authenticity of an app before installing it?		
18.	Do you read terms and conditions of an app before installing it?		
19.	Do you know how to copy an app from one phone to another?		
20.	Do you use any paid apps?		
21.	Have you bought rare items from the game shop while playing a game in the phone?		
22.	Do you check the authenticity of information?		
23.	Do you know sharing fake information is a crime?		

24.	Do you thing searching in internet is easier than reading books?		
25.	Do you know how to visit a website?		
26.	Do you know how to apply for scholarship?		
27.	Do you help your parents to visit website?		
28.	Do you search about celebrities in internet?		
29.	Can you order a birthday gift for your parent from Amazon?		
30.	Do you know how to send a mail to your teacher?		
31.	Do you know how to send the photos of your answer paper to your teacher via Whatsapp?		
32.	Do you check the reliability of information your relatives shared with you?		
33.	Do you often contact your teachers via social media to solve your doubts?		
34.	Do you like keeping the virtual friendship?		
35.	Do you often check your relatives' profiles to keep them close?		
36.	Do you have your class teacher's number in phone?		
37.	Do you have the phone numbers of at least 10 students in your class?		
38.	Do you share information and posts with your family and relatives?		
39.	Do you have a family whatsapp group?		

40.	Do you know how to create a power point presentation?		
41.	Do you know how to make troll memes?		
42.	Do you know how to make a family photo collage?		
43.	Do you know how to edit a spelling mistake in a word file?		
44.	Do you know how to adjust the quality of a video lesson?		
45.	Do you know how to edit a comment in social media?		
46.	Do you know how to edit a family picture?		
47.	Do you like to create your own website?		
48.	Do you know how to design a web page?		
49.	Do you feel confident uploading video content you have created online?		
50.	Do you wish to be a website designer?		

**DEPARTMENT OF POST GRADUATE STUDIES IN EDUCATION
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SCALE ON METACOGNITION

Supervisor: Dr. Manju Joseph

Investigator: Jithu K K

Instructions

- Read each statement carefully and put a tick mark against your choice.
- For every statements, there are three responses,
- That are: Strongly Agree, Agree, Undecided, Disagree, and Strongly Disagree
- Do not omit any statement.
- Your response will be kept confidential and will be used only for research purposes.

Sl. No.	Statements	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1.	I am aware of the duties of a citizen.					
2.	I know what I can do for the society.					
3.	I am aware of the strategies I use when I study.					
4.	I can provide good directions whenever my friends need any guidance.					
5.	I am dedicative in whatever I do.					
6.	I know how to treat elders.					
7.	I rearrange my room once in a month.					
8.	I like helping my family.					

9.	I use different learning strategies depending on the situation.					
10.	I can correct myself if I do any mistakes.					
11.	I read newspaper daily to make me up to date.					
12.	I like leaning Something new and productive.					
13.	I am ready to apologise to my parents if I did a Mistake					
14.	I like to make craft items to decorate my home.					
15.	I have my own time table.					
16.	I think before I do something.					
17.	I make several solutions for a problem and choose the best one.					
18.	I read the instructions before doing a task.					
19.	I have plans about how to spend a holiday.					
20.	I have plans to set my room creatively.					
21.	I consciously focus my attention on important information.					
22.	I create my own examples to make information more meaningful.					
23.	I draw diagrams to help me understand while learning.					
24.	I connect unfamiliar ideas with familiar ones.					
25.	I ask questions to myparents if I have doubts.					

26.	I ask myself questions about how well I am doing while learning something new.					
27.	I ask myself periodically if I am meeting my goals.					
28.	I like others to evaluate my progress.					
29.	I always consult the opinion about my parents.					
30.	I imitate my parents in doing a task.					
31.	I ask my teacher if I have any doubts.					
32.	I ask others for help when I don't understand something.					
33.	I stop and reread when I get confused.					
34.	I ask others about what I did.					
35.	I approach my parents for guidance.					
36.	I know how well I did once I finish a test.					
37.	I can predict my score in an exam.					
38.	I summarize what I've learned after I finish my lessons.					
39.	I analyse my whole day including my all experiences before I sleep					
40.	I like parents asking my opinion about something					