

Figure S1. Overlay of the $^1\text{H}\alpha$ - $^{13}\text{C}\alpha$ region of the natural abundance ^1H - ^{13}C HSQC spectra of the shape-shifter peptide in H_2O (black) and in 50% TFE (red) at pH 7 collected at 600 and 500 MHz, respectively. Peaks are labelled with their sequence-specific assignment. The increase in helical propensity in 50% TFE can be seen clearly by the upfield shift of $^1\text{H}\alpha$ and the downfield shift of $^{13}\text{C}\alpha$ in TFE relative to H_2O buffer.

