Supplementary Material for *Sustainable Learning Practices in Engineering Mathematics: Building Self-Regulation and Resilience*

Table S1: Correlation Matrix of Study Variables (Study 2)

	Confidence	Anxiety	Motivation	Performance
Confidence		−.41**	.52**	.47**
Anxiety	−.41**		−.36**	−.41**
Motivation	.52**	−.36**		.39**
Performance	.47**	−.41**	.39**	

Note. All correlations significant at $p < .01$.

Table S2. Regression Summary Predicting Academic Performance (Study 2)

	β	SE	t	p	ΔR^2
Mathematics Anxiety	−.41	.11	−3.74	< .001	.13
Confidence	.47	.10	4.21	< .001	.16
Motivation	.39	.12	3.18	< .001	.09

Model Summary: $F(3, 56) = 9.88$, $p < .001$, Adjusted $R^2 = .35$

Note. Standardized beta coefficients (β) are reported. Confidence and motivation were positive predictors of performance, while mathematics anxiety was a negative predictor. Together, the affective variables explained approximately 35% of the variance in course grades. Reported coefficients represent summary estimates derived from the correlational analyses described in the main text. Full raw data are not publicly available due to confidentiality constraints.

The 24-item questionnaire measuring students' affective responses and attitudes toward mathematics.

	Statement	**Strongly Disagree**	**Disagree**	**Neither Agree nor Disagree**	**Agree**	**Strongly Agree**
1.	I usually enjoyed studying mathematics at school.					
2.	Mathematics is an interesting subject.					
3.	I get great satisfaction from solving a mathematics problem					
4.	I feel comfortable answering questions in mathematics class					
5.	Mathematics is a boring subject.					
6.	Mathematics is a useful subject.					
7.	I am a person who can understand demanding mathematical concepts.					
8.	I like solving new mathematics problems					
9.	I would like to avoid mathematics at university.					
10.	The challenge of mathematics is appealing to me					
11.	I am afraid of dealing with mathematics.					
12.	I am not able to think clearly when I am dealing with mathematics					
13.	Mathematics makes me feel anxious					
14.	Mathematics makes me feel uncomfortable					
15.	I feel under pressure when I am dealing with mathematics.					
16.	I enjoy engaging with mathematics that challenges my thinking					
17.	I am able to solve mathematics problems without difficulty					
18.	I feel very confident when I am dealing with mathematics					
19.	I learn something new in mathematics easily					
20.	Mathematics is an essential subject					
21.	I feel confident when solving unfamiliar mathematics problems					
22.	Mathematics helps a person to learn to think critically.					
23.	I get nervous when I have to apply mathematical concepts in new situations.					
24.	Mathematics is useful in the profession I will follow.					