

## Supplemental Information

### Qualitative Focus Group Questions

Focus group questions inquired about participants experiences with the activity monitoring forms, and participant experiences with the intervention, as detailed below.

#### Participant experiences with activity monitoring forms:

1. What are *your thoughts about the daily monitoring forms*, wherein you tracked your daily activities and how you spent your time on a given day?
2. What was your method of completing your daily monitoring forms (*hour-by-hour*, or fill them out at the *end* of each day)? Or did you use *some other method* of tracking? Did you use your *phone, a computer, an iPad, paper, or some other method* to track?
3. How did you usually fill out the forms [if needed: for example, when you were *alone, around others, or a combination of both*?]
4. What *worked well* on the daily monitoring forms? Did they help you *schedule* your day?
5. What did you *not like* about completing the daily monitoring forms?
6. What are your thoughts about the use of a *web-based platform* to complete your daily monitoring forms?
  - What *technology problems* did you encounter in using the daily monitoring forms?
  - Did the technology *impact your use* of the daily monitoring forms?
  - What *barriers* did you encounter in using the daily monitoring forms?
7. Do you have any *suggestions for changes or improvements* to the daily monitoring forms?
8. Did the daily monitoring forms *help you gain insight about how you spend your time*? If so, how?
9. Did the daily monitoring form help you to see *how different activities impact the way you feel*, in terms of *activity enjoyment* and *activity importance*? If so, how?
10. What was the role of the daily monitoring forms in terms of *class participation*?
11. What was the role of the daily monitoring forms in terms of and/or what you *got out of the class*?

#### Participant experiences with the intervention:

1. How did taking this class *impact your adjustment to college*?
  - Can you give any specific examples?
2. How did the content of this class *generalize to other areas of your life* outside of the class?
  - Can you give any specific examples?
3. What did you *like and/or find useful* about the class?
  - Can you give any specific examples?
4. What was *missing* from the class that would have been useful and/or helpful?
  - Can you give any specific examples?
5. Did participating in this class *facilitate interaction with your peers* in the class?
  - Did you *talk to others outside of the class* about what you were doing in the class? If so, what did you talk about with others?
6. Did the class facilitate *feelings of social support* from your peers in the class?
  - Can you give any specific examples?