

Table 2 Comparisons between scores on the subscales in different years

Factor	Years compared	Difference	Effect size (Cohen's <i>d</i>)
Planning			
	Year 2 vs Year 1	+0.19*	.26
	Year 3 vs Year 2	+0.05	.07
	Year 3 vs Year 1	+0.24*	.33
Concentration/dedication			
	Year 2 vs Year 1	-0.08	.11
	Year 3 vs Year 2	-0.06	.09
	Year 3 vs Year 1	-0.15	.21
Repetition/Revision			
	Year 2 vs Year 1	-0.14	.19
	Year 3 vs Year 2	-0.17*	.25
	Year 3 vs Year 1	-0.30*	.44
Study style/self reflection			
	Year 2 vs Year 1	+0.03	.06
	Year 3 vs Year 2	+0.01	.02
	Year 3 vs Year 1	0.04	.09

* significance level 0.05 (2-tailed)