**Supplementary figures**

Figure S1. Individual accuracy curves and model fit. Mean accuracy curves (solid orange lines) for each participant throughout learning in Experiment 1. Dashed black lines represent the modelled accuracy curves using a piecewise linear function.

Figure S2. Individual confidence curves and model fit. Mean confidence curves (solid green lines) for each participant throughout learning in Experiment 1. Dashed black lines represent the modelled accuracy curves using a piecewise linear function.

Figure S3. Perceived feedback informativeness during learning. (A) Mean derived feedback informativeness values in early vs. late trials post accuracy breakpoint in Experiments 1 and 2. Error bars show SEM. (B) Mean derived feedback informativeness throughout the learning block across participants in Experiments 1 and 2. Error bars show SEM.

Figure S5. ROC analysis results. Individual ROC curves (solid red lines) for feedback seeking as a function of confidence in Experiment 3. Curves are plotted per participant by calculating, for each possible confidence rating, the proportion of decline-feedback trials that exceeded this criterion level of confidence (Hit Rate, y-axis) vs. the proportion of pay-for-feedback trials that exceeded this criterion level (False Alarm Rate, x-axis).

Figure S4. Learning and confidence throughout learning. Mean accuracy (orange) and confidence (green) curves throughout learning in Experiments 2 (left) and 3 (control trials; right). Dashed vertical lines show the mean breakpoint of each curve. Error bars show SEM.

Figure S6. FRN waveforms as a function of feedback valence and time post accuracy breakpoint. (A) Grand averaged ERP in positive (red) and negative (black) feedback trials (left panel) and in early (orange) and late (blue) trials post accuracy breakpoint (right panel) for a cluster of fronto-central electrodes comprising F3, FZ, F4, FC3, FCZ, FC4, C3, CZ, C4. The 0 ms mark represents feedback onset. Dashed vertical lines indicate the time window within which the FRN was quantified.