## **State Survey: After Activity**

Please answer the following questions about the activity you just completed.

		Not well at all			Very well
1)	How well do you think you did on the activity?	0	0	0	0
		Not at all			Very much
2)	How hard did you try?	$\bigcirc$	$\bigcirc$	$\circ$	$\circ$
3)	How much did it bother you when you made a mistake?	0	0	0	0
4)	How anxious or nervous were you during the activity?	0	0	0	0
5)	How calm and confident were you during the activity?	0	0	0	0
6)	How much did you worry about being judged negatively?	0	0	0	0
7)	How much did you think about performing well?	0	0	0	0
	How much did each of the following influence how well you did on the activity?				
		Not at all			Very much
8)	Your own ability	$\circ$	O	$\circ$	$\circ$
9)	Difficulty of the activity	$\circ$	$\circ$	$\circ$	$\circ$

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11/21/2023 2:19pm projectredcap.org