Please answer all questions as correctly as you can. Thank You!!! ☺

**BEFORE taking the Final Exam, please fill out this portion ONLY.**

Age: \_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_\_ Gender: \_\_\_\_\_\_\_ GPA this past semester: \_\_\_\_\_\_\_

Do you feel prepared to take this final?: (y/n)\_\_\_\_\_\_\_

How long did you study for this final?: \_\_\_\_\_\_\_

Will this final make a big impact on your grade?: (y/n)\_\_\_\_\_\_\_

Are you concerned about this final?: (y/n)\_\_\_\_\_\_\_

If you are concerned, do you feel stressed out over the final or confident in your abilities?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**STOP here!!! AFTER taking the Final Exam, please fill out this portion ONLY.**

Now that the final is over, do you feel you tried your hardest?: (y/n)\_\_\_\_\_\_\_\_

Do you feel you took the test to your best capabilities?: (y/n)\_\_\_\_\_\_\_

Do you feel you did good, bad or ok on the final?: \_\_\_\_\_\_\_\_\_\_\_\_

Do you think you did better on the final than normal tests?: (y/n)\_\_\_\_\_\_\_

If you studied, do you feel the studying helped you?: (y/n)\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Question | Always | Often | Sometimes | Never |
| How often do you worry about big tests? |  |  |  |  |
| If you stress out over tests, how often does it make you score higher on tests? |  |  |  |  |
| How often does stressing over tests make you score lower on tests? |  |  |  |  |
| Do your classes (that you’re currently taking) feel challenging? |  |  |  |  |
| Do you feel pressured to do well in school? |  |  |  |  |
| How often do you fight with your friends? |  |  |  |  |
| Do you feel pressured by your friends? |  |  |  |  |
| How often do you get sick? |  |  |  |  |
| How often do you feel tired or worn out? |  |  |  |  |
| How often do you feel depressed? |  |  |  |  |

How many AP/ Honors classes are you currently taking?: \_\_\_\_\_\_\_

On average, how long do you spend on your homework each night?: \_\_\_\_\_\_\_

On average, how many hours of sleep do you get each night?: \_\_\_\_\_\_\_