

Exam Anxiety Survey

1. **Who we are:** a group of grade 12 students who are interested in the study of human nature.
2. **Purpose:** to scientifically measure the different factors affecting exam anxiety.
3. **Confidentiality:** All information you may provide will remain completely private.
4. **How long this survey will take:** around 3 minutes

Demographics

1. Age: _____
2. City: _____
3. Gender: ☐ Male ☐ Female

Questions

- #### 4. How much did procrastination affect your academic performance?

no impact screwed it

- 5. How satisfied were you with your last year's academic performance?**

disaster □—□—□—□—□—□—□—□—□—□ fantastic

- 6. How stressful did you feel about last year's exams?**

not stressful □—□—□—□—□—□—□—□—□—□ very stressful

- 7. How harsh did your family go on you to study last year?**

not harsh □—□—□—□—□—□—□—□—□—□ very harsh

- 8. How hard it takes you to recover after bad grades?**

easy □—□—□—□—□—□—□—□—□—□ hard

- 9. What are the factors that lead to exam anxiety from your perspective?**

- 10. How do you get ready mentally for your exams?**

- 11. Which affected your performance the most?**

- ☐ Procrastination
- ☐ Family Pressure