

Questions

1. How much did procrastination affect your academic performance?

no impact ☐—☐—☐—☐—☐—☐—☐—☐—☐—☐—☐ screwed it

2. How satisfied were you with your last year’s academic performance?

disaster ☐—☐—☐—☐—☐—☐—☐—☐—☐—☐ fantastic

3. How stressful did you feel about last year’s exams?

not stressful ☐—☐—☐—☐—☐—☐—☐—☐—☐—☐ very stressful

4. How harsh did your family go on you to study last year?

not harsh ☐—☐—☐—☐—☐—☐—☐—☐—☐—☐ very harsh

5. How hard it takes you to recover after bad grades?

easy ☐—☐—☐—☐—☐—☐—☐—☐—☐—☐ hard

6. What are the factors that lead to exam anxiety from your perspective?

7. How do you get ready mentally for your exams?

8. Which affected your performance the most?

- ☐ Procrastination
- ☐ Family Pressure

Demographics

9. Age: _____

10. City: _____

11. Gender: ☐ Male ☐ Female