HOW I FEEL ABOUT EXAMS

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. They give me something concrete to aim at

|  |  |
| --- | --- |
| True for me  | Comments |
|  |  |

2. They make study harder

|  |  |
| --- | --- |
| True for me  | Comments |
|  |  |

3. They make me revise and learn what I have taught

|  |  |
| --- | --- |
| True for me  | Comments |
|  |  |

4. The results show my family and friends what can I do

|  |  |
| --- | --- |
| True for me  | Comments |
|  |  |

5. I can compare myself to other people to see how good I really am

|  |  |
| --- | --- |
| True for me  | Comments |
|  |  |

6. I can get a qualification that will help me get a job or go to university

|  |  |
| --- | --- |
| True for me  | Comments |
|  |  |

7. Passing an exam makes me feel that I have achieved something and makes me feel good about myself

|  |  |
| --- | --- |
| True for me  | Comments |
|  |  |

8. I think doing exams is boring

|  |  |
| --- | --- |
| True for me  | Solutions |
|  |  |

9. I don’t like the pressure of taking an exam - I get nervous

|  |  |
| --- | --- |
| True for me  | Solutions |
|  |  |

10. I find it hard to manage my time when there is so much to learn

|  |  |
| --- | --- |
| True for me  | Solutions |
|  |  |