

self-deprecating thoughts people tend to ruminate on in the days and hours prior to an exam. Check all those that apply. Use the space provided to write in negative thoughts not on the short list provided.

- T1. *I'll never pass the exam.*
- T2. *I'll never learn all the information by exam day.*
- T3. *I'm not a good test-taker and I'll never be a good test-taker.*
- T4. *I know I'm going to blow this exam.*
- T5. *If I don't do well on this exam I might as well crawl up and die.*

Other negative thoughts that you experience:

Q5. Is the exam you're preparing for one that you've taken before? (Example: exams like the SATs, LSATs, GMATs, RN Licence, etc., can be taken more than once.)

- A. Yes. I've already taken the exam I'm preparing for. I need to take it again.
- B. No. I've never taken the exam I'm preparing for. This will be the first time I take it.

Q6. Is it possible for you go to the location in which the exam will be given about two weeks prior to the exam?

- A. No. I can't get to the exam location two weeks before the exam.
- B. Yes. I can see the room two weeks before the exam.

If you answered 'B' you should make it a priority to see the room at least two weeks before exam day. Spend a few minutes in the room. Sit down and notice the colors, textures, smells of the room and how the seat feels. Notice the lightening and the sounds. Be aware of everything about the room. Before you leave the room, close your eyes and get a mental 'picture' of the room in your mind's eye. **NOTE:** even if you can't get to the room two weeks before the exam, try to see it before the exam, even if it's a few hours before.

7. Anxiety symptoms vary person-to-person and in level of intensity. Indicate the symptoms you experience, and directly across from each symptom that applies to you, rate the intensity of the anxiety, using a 1 to 10 scale (1 = very little anxiety and 10 = very high intensity). Check all that apply and write in any symptoms you experience but not indicated on the list, along with your intensity rating.

<u>Symptoms</u>	<u>Intensity Rating</u>
<input type="checkbox"/> Pounding or fast heartbeat	_____
<input type="checkbox"/> Muscle tension (neck, jaw, back, stomach, chest, etc.)	_____
<input type="checkbox"/> Sweating	_____
<input type="checkbox"/> Cold or clammy hands	_____
<input type="checkbox"/> Hot flashes	_____
<input type="checkbox"/> Headache	_____
<input type="checkbox"/> Stomach upset (butterflies, gurgling, pain, nausea, etc.)	_____
<input type="checkbox"/> Changes in breathing	_____
<input type="checkbox"/> Panicky (panic attack)	_____
<input type="checkbox"/> Feeling faint	_____
<input type="checkbox"/> Cloudy thinking / difficulty concentrating	_____

Jitteriness (hands, knees, stomach) _____

Other Symptoms:

_____	_____
_____	_____
_____	_____
_____	_____

Q8. Do you feel pressured by time constraints during exams?

A. Yes. Time constraints make me feel pressured and that leads to anxiety.

B. No. I manage time well when taking an exam.

If you answered 'A' have you ever been taught how to better manage time during tests?

Yes

No

Q9. Please use this space to tell me about any other feeling you experience preceding an exam or during the exam itself:

Q10. Please use this space to make notes or to write any questions you'd like to ask Ron.