

Name or Initials	
School / College	
Date of Birth	

Before the workshop on a scale of 1 – 10 how highly would you rate your own exam anxiety. Please circle.										
0	1	2	3	4	5	6	7	8	9	10
Please write a few words to describe what your anxiety feels like, or how it manifests physically			<ul style="list-style-type: none"> • • • • 							
Please write what spikes your anxiety the most			Is it something you see/ imagine?				Or something you hear/ imagine?			
			<ul style="list-style-type: none"> • 							
0	1	2	3	4	5	6	7	8	9	10

After the workshop on a scale of 1 – 10 how highly would you rate your own exam anxiety. Please circle.										
0	1	2	3	4	5	6	7	8	9	10

How would you describe this workshop to a friend?	
Is there anything you would have liked to cover that you didn't in this workshop?	
What was Alex like as a presenter?	
Any other comments.	