**Study Skills (post-test)**

In order to provide the best possible services, we need to know what you think about yourself. There is space at the end of the survey to comment on any of your answers.

**Today’s Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Grade Gender: Race or Ethnic Group:**

\_\_\_\_\_9th \_\_\_\_\_ Female Identified \_\_\_\_\_ American Indian or Alaskan Native

\_\_\_\_\_ 10th \_\_\_\_\_ Male Identified \_\_\_\_\_ Asian/Pacific Islander

\_\_\_\_\_ 11th \_\_\_\_\_ Transgender \_\_\_\_\_ Black/African American

\_\_\_\_\_ 12th \_\_\_\_\_ Other (please specify) \_\_\_\_\_ Hispanic

 \_\_\_\_\_ White

 \_\_\_\_\_ Multiple Race/Ethnicity

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| **Please indicate your agreement/ disagreement with each of the following statements by circling the number that best represents your opinion.** **If the question is about something you have not experienced, circle the number 9 to indicate that this item is “not applicable” to you.** |
|  | **Strongly Agree** | **Agree** | **I am Neutral** | **Disagree** | **Strongly Disagree** | **Not Applicable** |
| 1. I am aware of healthy ways to manage my stress | 1 | 2 | 3 | 4 | 5 | 9 |
| 2. I have good study habits | 1 | 2 | 3 | 4 | 5 | 9 |
| 3. I often feel anxious when taking tests | 1 | 2 | 3 | 4 | 5 | 9 |
| 4. I am aware of the tutoring services available | 1 | 2 | 3 | 4 | 5 | 9 |
| 5. I am aware of what is normal or abnormal anxiety | 1 | 2 | 3 | 4 | 5 | 9 |
| 6. I am able to read course books in an efficient manner | 1 | 2 | 3 | 4 | 5 | 9 |
| 7. I am embarrassed to ask for help when it comes to academics | 1 | 2 | 3 | 4 | 5 | 9 |
| 8. I consider myself to have good time management skills  | 1 | 2 | 3 | 4 | 5 | 9 |
| 9. I often feel overwhelmed when it comes to studying | 1 | 2 | 3 | 4 | 5 | 9 |
| 10. I feel like my anxiety affects my school performance | 1 | 2 | 3 | 4 | 5 | 9 |
| **As a direct result of services I received I feel like:** | **Strongly Agree** | **Agree** | **I am Neutral** | **Disagree** | **Strongly Disagree** | **Not Applicable** |
| 11. I can implement time/task-management skills | 1 | 2 | 3 | 4 | 5 | 9 |
| 12. I have developed coping mechanisms to alleviate stress towards test taking | 1 | 2 | 3 | 4 | 5 | 9 |
| 13. I will not have as much test anxiety | 1 | 2 | 3 | 4 | 5 | 9 |
| 14. I am aware of my strengths and have a higher self-esteem related to study skills  | 1 | 2 | 3 | 4 | 5 | 9 |
| 15. I am more likely do better on tests | 1 | 2 | 3 | 4 | 5 | 9 |

Please feel free to use this space to comment on any of your answers. Also, if there are areas which were not covered by this questionnaire which you feel should have been, please write them here. Thank you for your time and cooperation in completing this questionnaire.