

Student Exam Stress Support Survey Template

All questions are optional. Follow each question's directions.
Write your answers to the open questions in the space provided.

Think about the past two weeks preparing for the named exam or exam period. Every question is optional. Do not include your name, grades, diagnoses or details about other students. This is feedback for planning academic support, not a personal help request or mental-health assessment.

1. How much pressure have you felt about preparing for this exam period in the past two weeks?

- ☐ None
- ☐ A little
- ☐ A moderate amount
- ☐ A lot
- ☐ An extreme amount
- ☐ I have not begun preparing
- ☐ Prefer not to answer

2. Which part of preparation has been most difficult?

- ☐ Knowing what will be assessed
- ☐ Understanding the exam format
- ☐ Finding preparation time
- ☐ Practicing the required tasks
- ☐ Managing several assessment deadlines
- ☐ Knowing how to ask for clarification
- ☐ No part has been difficult
- ☐ I have not begun preparing
- ☐ Another part
- ☐ Prefer not to answer

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3. How clear are the published instructions for this exam?

- ☐ Very clear
- ☐ Somewhat clear
- ☐ Neither clear nor unclear
- ☐ Somewhat unclear
- ☐ Very unclear
- ☐ I have not seen the instructions
- ☐ Prefer not to answer

4. Have you had a useful opportunity to practice the format or tasks you expect?

- ☐ Yes, enough for my preparation
- ☐ Yes, but I would value more
- ☐ An opportunity exists but I have not used it
- ☐ I could not access an opportunity
- ☐ I do not know of an opportunity
- ☐ Practice is not relevant to this assessment
- ☐ Prefer not to answer

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5. What most affects the time you can set aside for preparation?

- ☐ Other assessment deadlines
- ☐ Scheduled classes or placements
- ☐ Paid work
- ☐ Responsibilities outside study
- ☐ Access to a suitable study space
- ☐ Deciding where to start
- ☐ Nothing currently limits my preparation time
- ☐ Another factor
- ☐ Prefer not to answer

6. Which academic support would be most useful before the exam?

- ☐ A clear explanation of scope and format
- ☐ A practice task with feedback
- ☐ Help planning revision
- ☐ A question-and-answer session
- ☐ Clearer information about available support
- ☐ No additional academic support
- ☐ Not sure
- ☐ Another form of support
- ☐ Prefer not to answer

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7. What one change to preparation or exam arrangements would you like the team to consider?
