
Name

**Please circle the answer that best matches your usual behavior
or habits**

1. Gender

1. Boy
2. Girl

2. Grade

1. 9th
2. 10th
3. 11th
4. 12th

Class	Level
A. Biology	Regular
B. Earth Science	Honors
C. Chemistry	AT
D. Physics	

For Teacher's Use Only

Test Grade

Quarter Grade

3. How long did you listen to music the night before this test while studying science?

1. Not at all
2. less than an hour
3. between 1 and 2 hours
4. between 2 and 3 hours
5. more than 3 hours

4. Which of the following mediums did you use to listen to music? (please circle all that apply)

1. Computer
 - i. With headphones
 - ii. Without headphones
2. Radio
 - i. With headphones
 - ii. Without headphones
3. ipod or other mp3 device
 - i. with headphones
 - ii. without headphones

5. Why did you listen to music? (please circle all that apply)

1. It is relaxing
 2. It helps you focus
 3. It blocked out background noise (from wherever you were studying)
 4. Other (please specify)
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6. What kind of music did you listen to? (please circle all that apply)

1. Country
2. Rap
3. Rock
4. Classical/Instrumental
5. Pop

7. *In general*, did the music have lyrics?

1. Instrumental
2. With lyrics

8. How difficult was the material that was just tested?
 1. Easy
 2. Somewhat easy
 3. Average
 4. Somewhat difficult
 5. Difficult

9. How long did you study for this test compared to how much you usually study?
 1. Much less (total of at least 60 minutes less than usual)
 2. Less than usual (total of 30 minutes less than usual)
 3. Usual amount
 4. Slightly more than usual (total of 30 minutes more than usual)
 5. Much more (total of at least 60 more than usual)

10. While studying for this test you also: (please circle all that apply)
 1. IMed your friends using AIM, Facebook, etc.
 2. Talked on the phone
 3. Watched TV (on the TV or the computer)
 4. Had the TV or a similar audio visual device running in the background
 5. Had a friend over or had other social interactions
 6. None—you just studied
 7. Other (please specify):

11. Did you see your teacher outside of class if something confused you in class?
 1. Yes
 2. No

How much stress do the following situations cause for you during the school year?

	1-None	2-A little	3-A fair amount	4-A lot
1. Examinations and results	1	2	3	4
2. Studying for exams	1	2	3	4
3. Too much to do	1	2	3	4
4. Amount to learn	1	2	3	4
5. Need to do well (self-imposed)	1	2	3	4
6. Essays and projects	1	2	3	4
7. Lack of time for study	1	2	3	4
8. Timing, spacing of assignments	1	2	3	4

How much stress do the following situations cause for you during the school year?

9. Need to do well (imposed by others)	1	2	3	4
10. Unclear assignments	1	2	3	4
11. Worry over future	1	2	3	4
12. Forgotten assignments	1	2	3	4
13. Knowing what is important to study	1	2	3	4
14. Learning new skills	1	2	3	4
15. Interpersonal difficulties	1	2	3	4
16. Boring classes	1	2	3	4
17. Personal health problems	1	2	3	4
18. Loneliness	1	2	3	4
19. Peer pressures	1	2	3	4
20. Conflict with peers	1	2	3	4
21. Conflict with teachers	1	2	3	4

Please indicate if the statement is generally true or false of your behavior

1. During course examinations I find myself thinking of things unrelated to the actual course material.
True False
2. During tests I find myself thinking of the consequences of failing.
True False
3. After important tests I am frequently so tense that my stomach gets upset.
True False
4. Getting a good grade on one test doesn't seem to increase my confidence on the second.
True False

Please indicate if the statement is generally true or false of your behavior

5. I sometimes feel my heart beating very fast during important tests.
True False
6. I usually get depressed after taking a test.
True False
7. During a course examination I frequently get so nervous that I forget facts I really know.
True False
8. The harder I work at taking a test or studying for one, the more confused I get.
True False
9. Even when I'm well prepared for a test, I feel very anxious about it
True False
10. I don't enjoy eating before an important test
True False
11. I seldom feel the need for 'cramming' before an exam
True False
12. I start feeling very uneasy just before getting a test paper back.
True False

Please distribute this survey the day following your testing week exam (even if it is after testing week).

Please tell your students the following paragraph:

This survey is being administered to see if music can be implemented in the Commons and would be beneficial in creating a study environment. Your surveys will be completely anonymous and I (the teacher) will not be reviewing your answers. It is double sided and any questions you leave blank or circle twice render your survey unusable. Please make sure you write your name above the dotted line. It will be removed before any data is collected. Thank you so much for your cooperation in this endeavor.

After the surveys are completed, please enter the test grades and the quarter grades where indicated. Student's names will be removed before any data is collated.

Thank you!