## Planning Use of Daily Time

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 6:00 | | | | | | | |
| 7:00 | | | | | | | |
| 8:00 | | | | | | | |
| 9:00 | | | | | | | |
| 10:00 | | | | | | | |
| 11:00 | | | | | | | |
| 12:00 | | | | | | | |
| 1:00 | | | | | | | |
| 2:00 | | | | | | | |
| 3:00 | | | | | | | |
| 4:00 | | | | | | | |
| 5:00 | | | | | | | |
| 6:00 | | | | | | | |
| 7:00 | | | | | | | |
| 8:00 | | | | | | | |
| 9:00 | | | | | | | |
| 10:00 | | | | | | | |
| 11:00 | | | | | | | |
| 12:00 | | | | | | | |

**CODES: C**=Class, **W**=Work, **E**=Eating, **G**=Grooming, **T**=Tutor, **F**=Family, **CN**=Cleaning, **SL**=Sleep, **SC**=Social Time, **TR**=Travel, **O**=Other, **S**=Study

Grade goal: _____

*Permission is granted to copy and enlarge Figure 11.*

# Activity 2.1 Test Attitude Inventory

**Please provide the following information:**

Name _____ Date _____

Gender (*Please circle*): **Male** **Female** Score: T_____ W_____ E_____

**Directions**

A number of statements which people have used to describe themselves are given on the following page. Read each statement and then circle the appropriate number to the right of the statement to indicate how you *generally* feel:

**1 = Almost Never, 2 = Sometimes, 3 = Often, 4 = Almost Always.**

There are no wrong or right answers. Do not spend too much time on one statement but give the answer which seems to describe how you generally feel. Please answer every statement.

| | ALMOST NEVER | SOMETIMES | OFTEN | ALMOST ALWAYS |
|---|---|---|---|---|
| 1. I feel confident and relaxed while taking tests | 1 | 2 | 3 | 4 |
| 2. While taking examinations I have an uneasy, upset feeling | 1 | 2 | 3 | 4 |
| 3. Thinking about my grade in a course interferes with my work on tests | 1 | 2 | 3 | 4 |
| 4. I freeze up on important exams | 1 | 2 | 3 | 4 |
| 5. During exams I find myself thinking about whether I'll ever get through school | 1 | 2 | 3 | 4 |
| 6. The harder I work at taking a test, the more confused I get | 1 | 2 | 3 | 4 |
| 7. Thoughts of doing poorly interfere with my concentration on tests | 1 | 2 | 3 | 4 |
| 8. I feel very jittery when taking an important test | 1 | 2 | 3 | 4 |
| 9. Even when I'm well prepared for a test, I feel very nervous about it | 1 | 2 | 3 | 4 |
| 10. I start feeling very uneasy just before getting a test paper back | 1 | 2 | 3 | 4 |
| 11. During tests I feel very tense | 1 | 2 | 3 | 4 |
| 12. I wish examinations did not bother me so much | 1 | 2 | 3 | 4 |
| 13. During important tests I am so tense that my stomach gets upset | 1 | 2 | 3 | 4 |
| 14. I seem to defeat myself while working on important tests | 1 | 2 | 3 | 4 |
| 15. I feel very panicky when I take an important test | 1 | 2 | 3 | 4 |
| 16. I worry a great deal before taking an important examination | 1 | 2 | 3 | 4 |
| 17. During tests I find myself thinking about the consequences of failing | 1 | 2 | 3 | 4 |
| 18. I feel my heart beating very fast during important tests | 1 | 2 | 3 | 4 |
| 19. After an exam is over I try to stop worry abuot it, but I can't | 1 | 2 | 3 | 4 |
| 20. During examinations I get so nervous that I forget facts I really know | 1 | 2 | 3 | 4 |

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