



How I feel about mathematics: teacher's sheet

The twenty items on this sheet are about mathematics and your feelings when you have to do each one of these things. I would like you to listen to each item and then decide how anxious that situation makes you feel.

If it **never** makes you feel anxious write **1** in the space, if it makes you feel anxious **sometimes** write **2**, if it makes you feel anxious **often** write **3** and if it **always** makes you feel anxious write **4**. So the scores range from 1 for never anxious to 4 for always anxious.

- 1) Knowing that the next lesson will be a mathematics lesson.
- 2) Being asked to do mental arithmetic during a mathematics lesson.
- 3) Having to take a written mathematics test.
- 4) Doing word problems.
- 5) Doing long division questions without a calculator.
- 6) Doing long division questions with a calculator.
- 7) Doing long multiplication questions without a calculator.
- 8) Doing fraction questions.
- 9) Revising for a mathematics test that is going to be given the next day.
- 10) Doing mathematics homework.
- 11) Looking at the marks you got for homework.
- 12) Opening a mathematics book and looking at the set of questions you have to do.
- 13) Having to work out answers to mathematics questions quickly.
- 14) Trying to learn the times tables facts.
- 15) Waiting to hear your score on a mathematics test.
- 16) Showing your mathematics report to Mum or Dad??
- 17) Answering questions the teacher asks you in mathematics classes.
- 18) Working out money when you go shopping.
- 19) Following your teacher's explanation of a new mathematics topic.
- 20) Taking an end of term mathematics exam.



How I feel about mathematics: student sheet

Name _____ Male/Female Date _____

Year Group _____ Date of Birth _____

Does the situation make you anxious?

1 never 2 sometimes 3 often 4 always

Write your answers here

- 1) ___ The next lesson.
- 2) ___ Mental arithmetic.
- 3) ___ A written mathematics test.
- 4) ___ Word problems.
- 5) ___ Long division questions without a calculator.
- 6) ___ Long division questions with a calculator.
- 7) ___ Long multiplication questions without a calculator.
- 8) ___ Fraction questions.
- 9) ___ Revising for a mathematics test.
- 10) ___ Mathematics homework.
- 11) ___ Looking at marks for your homework.
- 12) ___ Opening a mathematics book.
- 13) ___ Working out mathematics answers quickly.
- 14) ___ Learning the hard times tables.
- 15) ___ Hearing your score on a mathematics test.
- 16) ___ Showing your mathematics report.
- 17) ___ Answering questions in mathematics classes.
- 18) ___ Working out money when shopping.
- 19) ___ Following your teacher's explanation.
- 20) ___ Taking an end of term mathematics test.