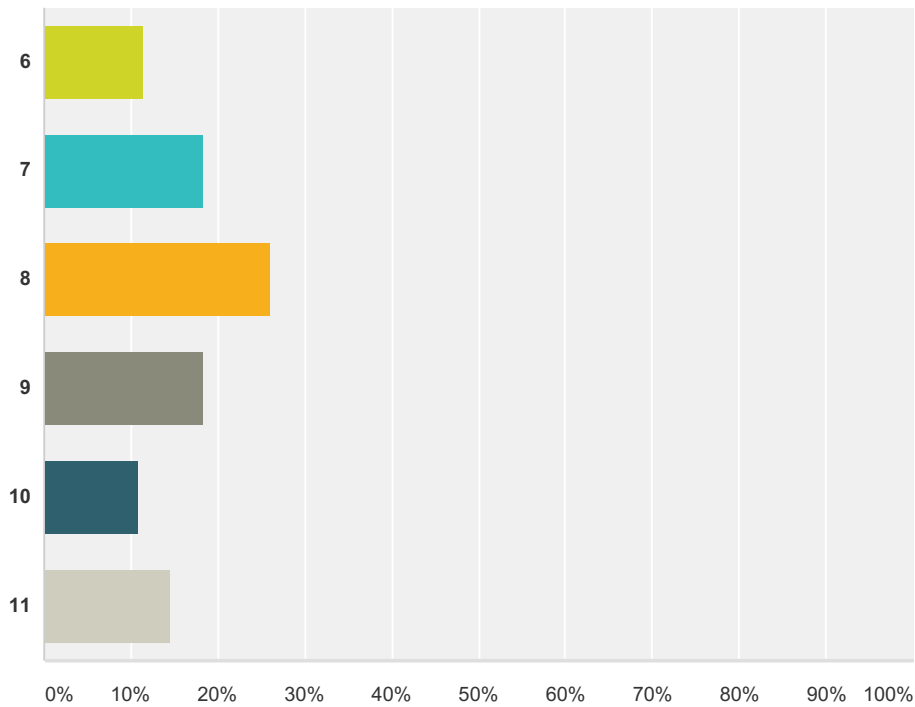


Q1 What grade are you in?

Answered: 157 Skipped: 0

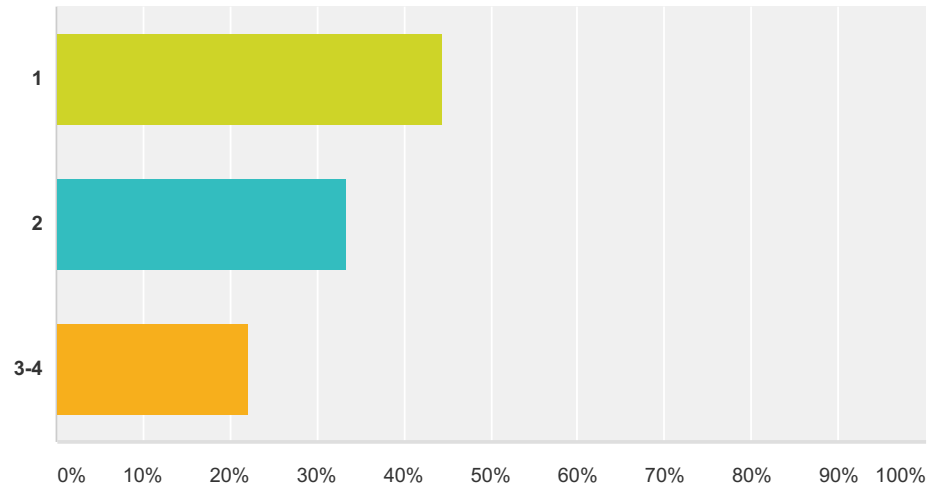


Answer Choices	Responses	
6	11.46%	18
7	18.47%	29
8	26.11%	41
9	18.47%	29
10	10.83%	17
11	14.65%	23
Total		157

Q2 How many different BLOCK 1 activities did you choose?

Answered: 153 Skipped: 4

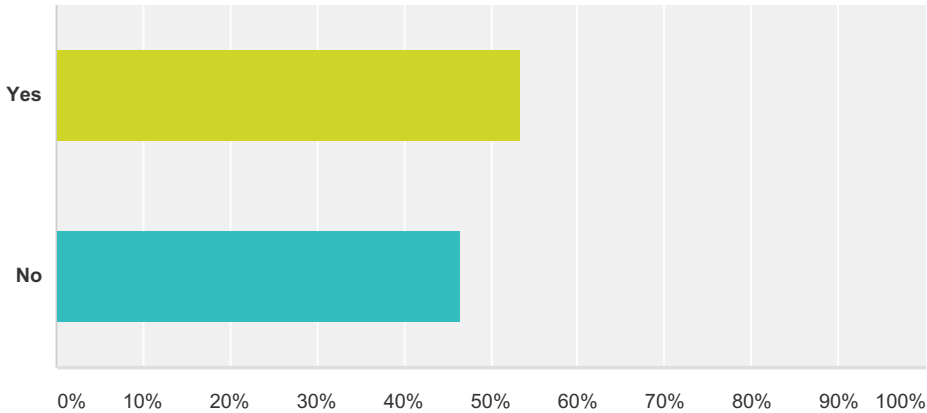
Exam Activities - Students



Answer Choices	Responses
1	44.44%68
2	33.33%51
3-4	22.22%34
Total	153

Q3 Did you choose any block 1 activity more than once?

Answered: 157 Skipped: 0



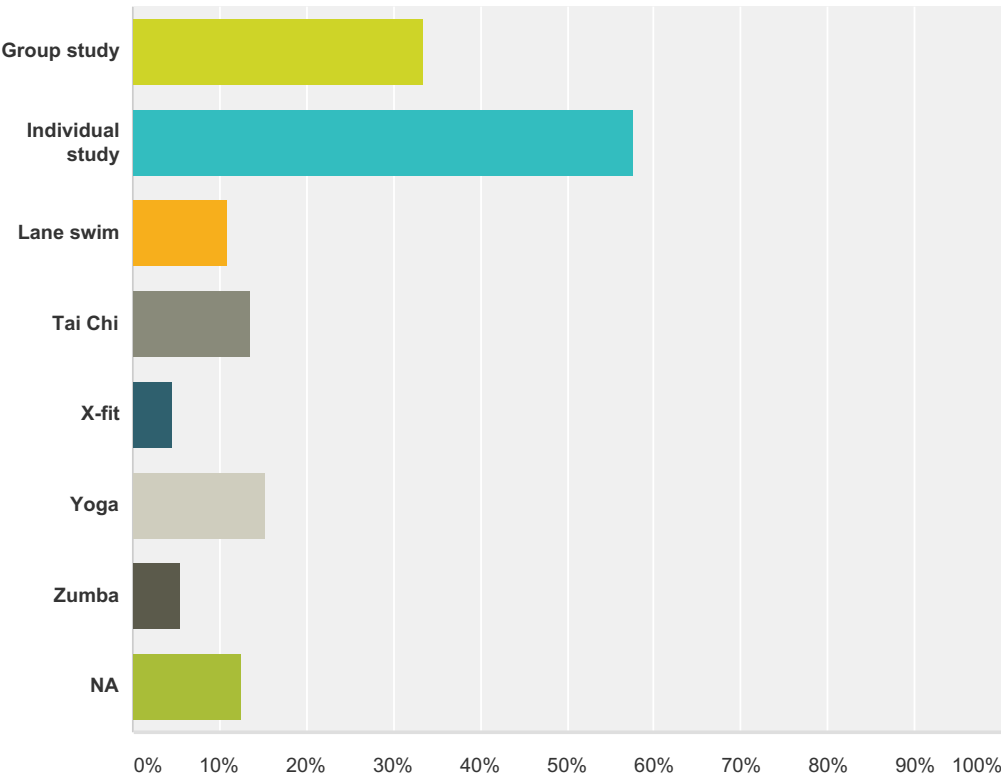
Answer Choices	Responses
Yes	53.50%84
No	46.50%73
Total	157

Q4 If you responded “yes” to question 3,

Exam Activities - Students

which activity?

Answered: 111 Skipped: 46

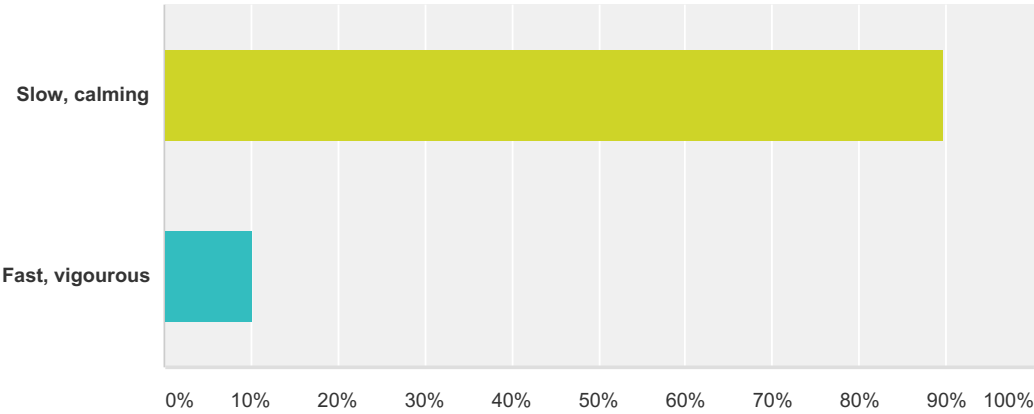


Answer Choices	Responses	
Group study	33.33%	37
Individual study	57.66%	64
Lane swim	10.81%	12
Tai Chi	13.51%	15
X-fit	4.50%	5
Yoga	15.32%	17
Zumba	5.41%	6
NA	12.61%	14
Total Respondents: 111		

Q5 What type of activity appealed to you more prior to an exam?

Answered: 155 Skipped: 2

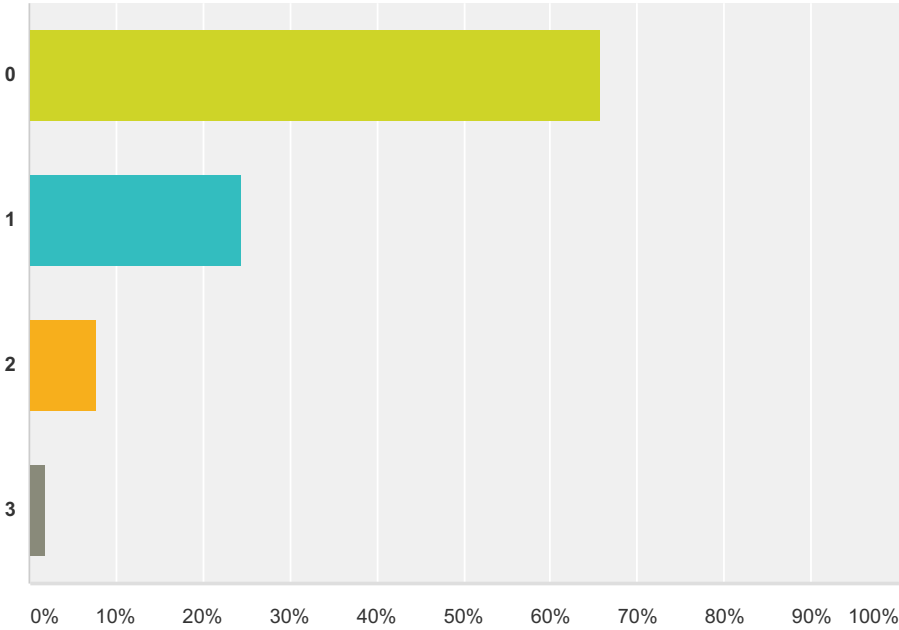
Exam Activities - Students



Answer Choices	Responses	
Slow, calming	89.68%	139
Fast, vigorous	10.32%	16
Total		155

Q6 How many times did you do mindfulness?

Answered: 155 Skipped: 2



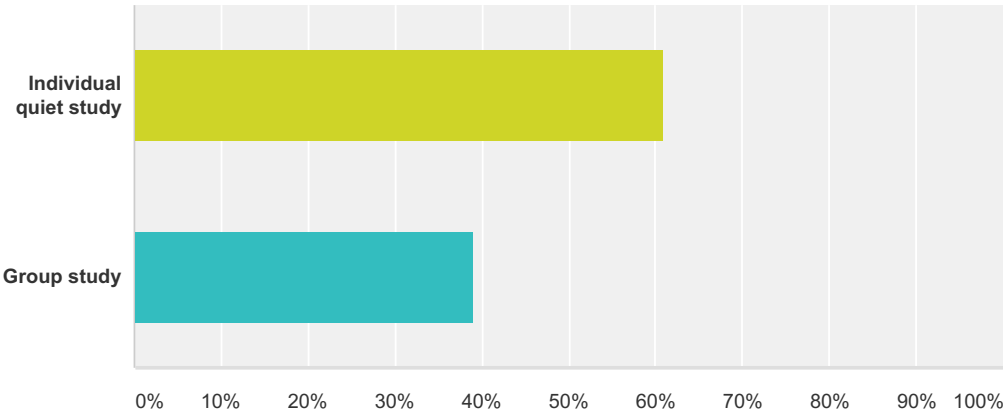
Answer Choices	Responses	
0	65.81%	102
1	24.52%	38
2	7.74%	12

Exam Activities - Students

3	1.94%	3
Total		155

Q7 For you personally, which do you find more effective?

Answered: 156 Skipped: 1

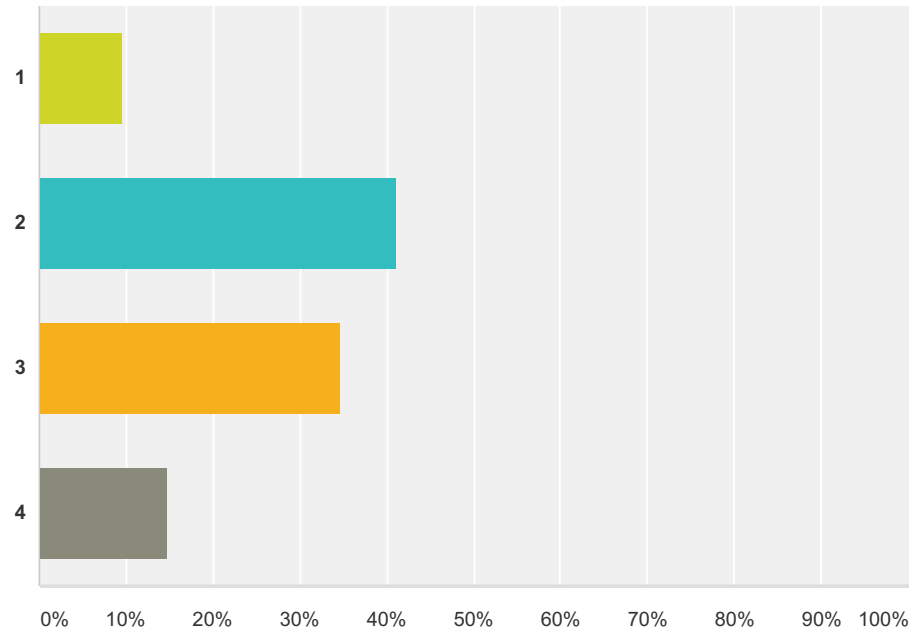


Answer Choices	Responses
Individual quiet study	60.90% 95
Group study	39.10% 61
Total	156

Q8 On a scale of 1-4, 1 being LOW STRESS, and 4 being HIGH STRESS, how do you find exam week?

Answered: 156 Skipped: 1

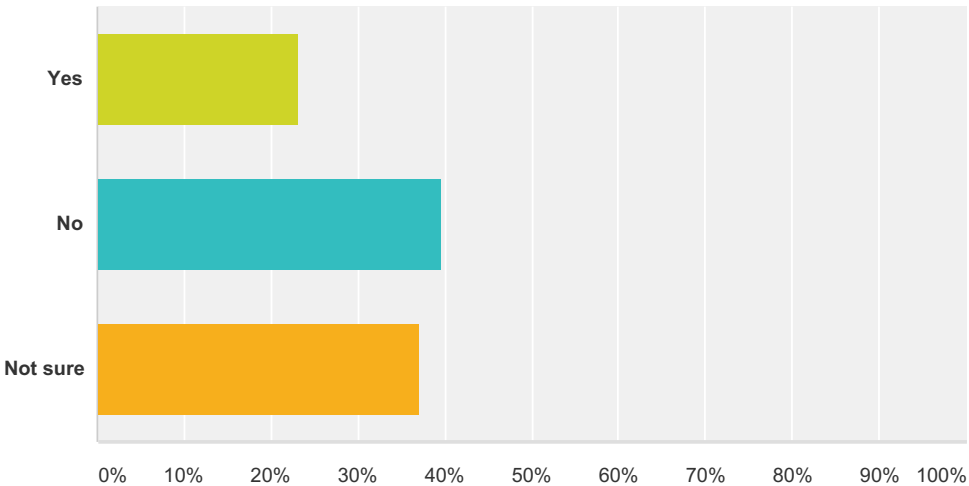
Exam Activities - Students



Answer Choices	Responses
1	9.62%15
2	41.03%64
3	34.62%54
4	14.74%23
Total	156

Q9 Do you believe that exams are more important than the rest of the semester’s work?

Answered: 156 Skipped: 1

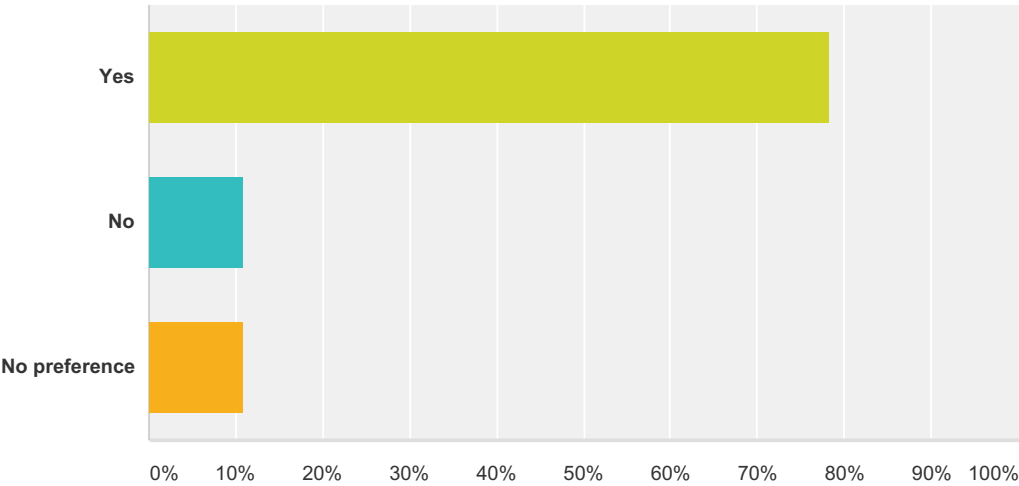


Exam Activities - Students

Answer Choices	Responses	
Yes	23.08%	36
No	39.74%	62
Not sure	37.18%	58
Total		156

Q10 This year’s exam week is broken up by a weekend. Do you like this?

Answered: 157 Skipped: 0

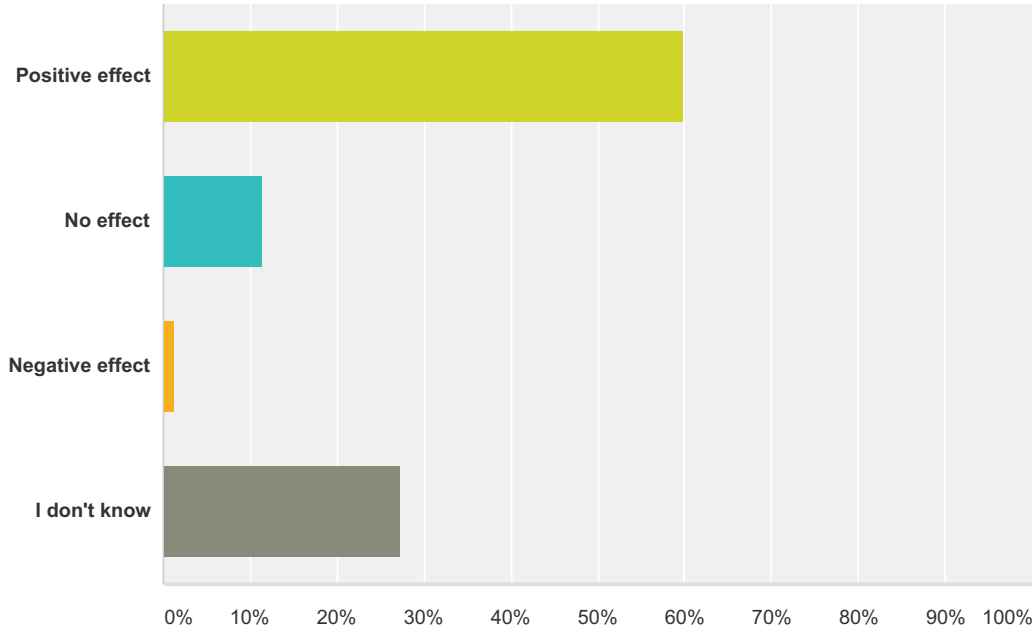


Answer Choices	Responses	
Yes	78.34%	123
No	10.83%	17
No preference	10.83%	17
Total		157

Q11 What effect did the activities have on you prior to exams?

Answered: 157 Skipped: 0

Exam Activities - Students

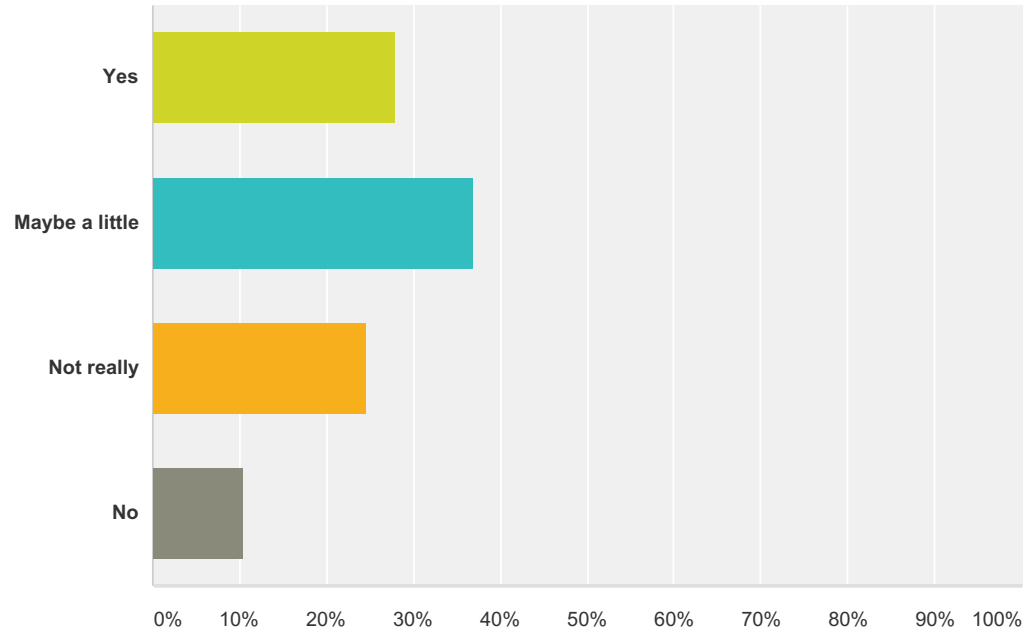


Answer Choices	Responses	
Positive effect	59.87%	94
No effect	11.46%	18
Negative effect	1.27%	2
I don't know	27.39%	43
Total		157

Q12 Did you learn something about yourself as a learner by doing these activities?

Answered: 154 Skipped: 3

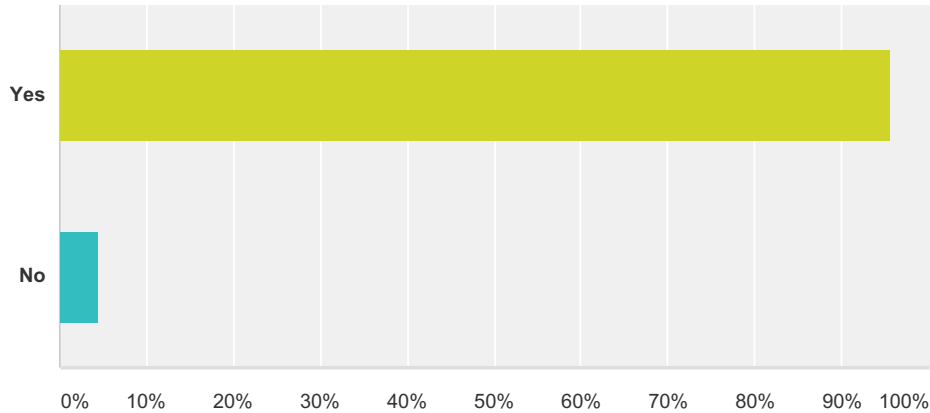
Exam Activities - Students



Answer Choices	Responses	
Yes	27.92%	43
Maybe a little	37.01%	57
Not really	24.68%	38
No	10.39%	16
Total		154

Q13 Do you think that such activities should be offered again next semester?

Answered: 157 Skipped: 0



Answer Choices	Responses	
Yes	95.54%	150

Exam Activities - Students

No	4.46%	7
Total		157