**Learning anxiety questions**

**When should you use these questions?**

These questions may be useful if your project aims to improve participants’ attitudes and motivations to learning, particularly in relation to learning anxiety and reluctance to learn. This is a bespoke set of questions developed by L&W.

**How to use these questions**

These questions can be copied and pasted directly into a questionnaire. It is important to include all five questions, in order to cover all aspects of learning anxiety and reluctance.

For each question, a more positive attitude is shown by choosing ‘disagree’ or ‘strongly disagree’.

To analyse the results, you can combine separately for each question the number of participants who agreed/strongly agreed, disagreed/strongly disagreed or had no preference.

**Please select how much you agree or disagree with each statement.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly agree | Agree | No preference | Disagree | Strongly disagree |
| I do not consider myself ready to learn something new | □ | □ | □ | □ | □ |
| I have no desire to participate in learning | □ | □ | □ | □ | □ |
| I don’t enjoy learning | □ | □ | □ | □ | □ |
| The thought of learning something new makes me anxious | □ | □ | □ | □ | □ |
| I am often anxious when learning | □ | □ | □ | □ | □ |