

Course Title \_\_\_\_\_

Course Number \_\_\_\_\_

Date \_\_\_\_\_

## STUDENT REFLECTIONS ON EMOTIONAL STATES DURING LEARNING

**INSTRUCTIONS:** Pause for a moment and think about the first half of this course. What kinds of emotions have you felt while being a student in this class? Please use the diagram below to report the emotions you have had. First, in each of the four boxes read the lists of emotions and circle the ones you have felt most often. Next, in the space provided write a brief description of a specific experience you have had that you believe has caused your emotion(s). Then, within the inner most box, write your estimate of the percentage of time you have felt the emotions you have identified. Do this for all four boxes; have your percentages total 100. Finally, please use the back of this form to offer suggestions on specific things that your instructor, classmates and you could do to increase the number of students in this course who feel excited and enthusiastic about learning.

	Specific Experience	Specific Experience	
<p><b>A</b></p> <p><b>ANXIOUS</b></p> <p>UNEASY</p> <p>TENSE</p> <p>AFRAID</p> <p>WORRIED</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">                     .....%                      .....%                 </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;">                     .....%                      .....%                 </div>	<p><b>E</b></p> <p><b>ENTHUSIASTIC</b></p> <p>ALIVE</p> <p>EXCITED</p> <p>CHEERFUL</p> <p>HAPPY</p>
<p><b>D</b></p> <p><b>DEJECTED</b></p> <p>APATHETIC</p> <p>GLOOMY</p> <p>SAD</p> <p>WEARY</p>	<p style="text-align: center;">.....</p> <p style="text-align: center;">Specific Experience</p>	<p style="text-align: center;">.....</p> <p style="text-align: center;">Specific Experience</p>	<p><b>C</b></p> <p><b>CALM</b></p> <p>PEACEFUL</p> <p>SERENE</p> <p>RELAXED</p> <p>TRANQUIL</p>