

Detailed Tables

Agreement with: I consider myself to have good study habits

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	Total	REGION						GENDER	
		BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
5 Strongly Agree	62 10%	4 8%	3 5%	3 8%	12 5%	26 16% BD	13 24%	21 9%	41 12%
4 Agree	239 40%	21 38%	25 43%	15 35%	85 39%	78 48%	15 26%	85 35%	154 44% G
3 Neutral	164 27%	17 30%	16 28%	18 41% E	66 30% E	33 20%	13 24%	60 24%	104 29%
2 Disagree	116 19%	11 20%	12 21%	7 16%	48 22%	24 15%	14 25%	67 27% H	49 14%
1 Strongly Disagree	16 3%	2 4%	1 2%	0 -	9 4%	3 2%	0 -	11 5% H	4 1%
Top2Box	301 50%	26 46%	28 48%	19 43%	97 44%	104 63% ABCD	28 51%	106 43%	195 55% G
Low2Box	132 22%	13 24%	14 23%	7 16%	57 26% E	27 17%	14 25%	78 32% H	53 15%
Mean	3.4	3.3	3.3	3.4	3.2	3.6 ABD	3.5	3.2	3.5 G
Std. Dev.	0.99	1.00	0.94	0.85	0.98	0.98	1.12	1.07	0.91
Std. Err	0.04	0.12	0.12	0.14	0.07	0.07	0.23	0.08	0.05

Detailed Tables

On average, how much time in advance do you start preparing/studying for an exam?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
1 month prior	22 4%	0 -	1 2%	3 6%	9 4%	7 4%	2 4%	8 3%	14 4%
2 weeks prior	156 26%	11 21%	17 29%	13 29%	51 23%	46 28%	19 34%	63 26%	93 26%
1 week prior	221 37%	17 30%	27 47%	17 39%	86 39%	57 35%	17 30%	81 33%	140 40%
3 days prior	152 26%	17 31%	8 15%	9 22%	65 30%	36 22%	16 29%	74 30%	78 22%
1 day prior	29 5%	5 9%	4 7%	2 4%	4 2%	12 7%	2 4%	11 5%	18 5%
The day of the exam	3 1%	2 4%	0 -	0 -	0 -	1 1%	0 -	3 1%	0 -
Continually/ from the beginning of the course	3 1%	1 1%	1 1%	0 -	1 0	1 0	0 -	0 -	3 1%
Other	11 2%	3 5%	0 -	0 -	3 2%	5 3%	0 -	5 2%	6 2%

Detailed Tables

Agreement with: I give myself enough time to prepare for exams

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
5 Strongly Agree	53 9%	3 5%	4 7%	6 13% D	9 4%	25 15% AD	6 11%	17 7%	36 10%
4 Agree	201 34%	22 40%	14 25%	18 41%	61 28%	70 43% BD	15 26%	80 33%	121 34%
3 Neutral	175 29%	13 23%	20 35% E	9 21%	84 38% ACE	34 21%	16 29%	68 28%	108 31%
2 Disagree	147 25%	13 24%	18 31%	10 24%	57 26%	32 20%	17 30%	71 29%	76 22%
1 Strongly Disagree	21 3%	4 8% E	2 3%	1 2%	9 4%	2 1%	2 4%	9 4%	12 3%
Top2Box	254 43%	25 45%	18 31%	23 54% BD	71 32%	96 58% BD	21 38%	97 40%	156 44%
Low2Box	168 28%	18 32%	20 34%	11 26%	66 30% E	35 21%	19 34%	80 33%	88 25%
Mean	3.2	3.1	3.0	3.4 D	3.0	3.5 ABD	3.1	3.1	3.3
Std. Dev.	1.02	1.08	0.97	1.05	0.94	1.02	1.08	1.02	1.02
Std. Err	0.04	0.12	0.12	0.17	0.07	0.07	0.23	0.07	0.05

Detailed Tables

Agreement with: I never start studying early enough for exams

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	Total	REGION						GENDER	
		BC A	Alberta B	Sask/Man C	Ontario D	Quebec E	Atlantic F	Male G	Female H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
5 Strongly Agree	72 12%	7 13%	7 12%	3 6%	23 10%	26 16%	6 11%	29 12%	43 12%
4 Agree	182 31%	12 22%	18 31%	12 29%	67 30%	48 29%	24 44%	79 32%	103 29%
3 Neutral	124 21%	13 23%	12 21%	9 20%	55 25%	34 21%	2 4%	49 20%	75 21%
2 Disagree	180 30%	18 33%	19 33%	20 46%	64 29%	48 29%	11 21%	76 31%	104 29%
1 Strongly Disagree	39 6%	5 9%	2 3%	0 -	12 6%	8 5%	11 21%	12 5%	27 8%
Top2Box	254 43%	20 36%	25 43%	15 34%	90 41%	74 45%	30 55%	108 44%	147 42%
Low2Box	218 37%	23 42%	21 36%	20 46%	76 34%	56 34%	23 41%	88 36%	130 37%
Mean	3.1	3.0	3.2	2.9	3.1	3.2	3.0	3.1	3.1
Std. Dev.	1.16	1.21	1.11	1.00	1.11	1.17	1.40	1.13	1.17
Std. Err	0.05	0.14	0.14	0.16	0.08	0.08	0.29	0.08	0.06

Detailed Tables

Agreement with: I stay up all night studying for exams

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
5 Strongly Agree	54 9%	4 6%	7 12%	1 3%	29 13% E	11 7%	2 4%	33 14% H	21 6%
4 Agree	106 18%	14 26% E	7 12%	6 15%	49 22% E	20 12%	10 17%	55 22% H	51 15%
3 Neutral	102 17%	11 20%	11 18%	6 13%	45 20%	23 14%	7 13%	40 16%	62 17%
2 Disagree	166 28%	15 27%	21 36%	19 44% DE	58 26%	40 24%	13 23%	49 20%	117 33% G
1 Strongly Disagree	169 28%	12 21%	13 22%	11 25%	39 18%	71 43% ABCD	24 43%	68 28%	102 29%
Top2Box	160 27%	18 32% E	14 24%	8 18%	78 35% CE	31 19%	12 21%	88 36% H	72 21%
Low2Box	335 56%	27 48%	33 58%	30 70% AD	98 44%	111 68% AD	36 66%	117 48%	218 62% G
Mean	2.5	2.7 E	2.6 E	2.3	2.9 CE	2.1	2.2	2.7 H	2.4
Std. Dev.	1.31	1.25	1.29	1.09	1.31	1.28	1.26	1.42	1.21
Std. Err	0.05	0.14	0.17	0.18	0.09	0.09	0.26	0.10	0.06

Detailed Tables

How do you define cramming?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
Cramming - Timing (NET)	368 62%	46 83%	52 89%	42 97%	170 77%	11 7%	46 83%	139 57%	228 65%
Last minute study	68 11%	9 15%	8 13%	6 14%	34 16%	8 5%	4 7%	29 12%	40 11%
Study a few hours before the exam	73 12%	11 21%	11 19%	9 21%	25 11%	1 1%	15 28%	19 8%	55 16%
Study a night before the exam	200 34%	26 47%	32 55%	27 62%	90 41%	1 1%	24 44%	73 30%	128 36%
Study the day before the exam	60 10%	6 11%	7 12%	10 23%	28 13%	0 -	8 15%	18 7%	42 12%
Study two days before the exam	33 5%	2 4%	5 8%	1 3%	19 9%	0 -	5 10%	14 6%	18 5%
Study three days (or more) before the exam	33 5%	6 10%	3 5%	5 11%	18 8%	1 1%	0 -	14 6%	19 5%
Study two nights before the exam	4 1%	0 -	0 -	0 -	4 2%	0 -	0 -	0 -	4 1%
Go through material you don't necessarily understand in a short period of time	32 5%	2 3%	0 -	3 6%	15 7%	9 5%	3 6%	15 6%	16 5%
Study for 24 hours or less	1 0	0 -	0 -	1 3% DE	0 -	0 -	0 -	0 -	1 0
Just to pass/ intensive studying just to get a pass mark	25 4%	0 -	0 -	0 -	1 0	24 15% ABCD	0 -	7 3%	18 5%
Memorizing	32 5%	2 4%	3 4%	3 8% E	16 7% E	3 2%	5 10%	10 4%	22 6%
Cramming - Quantity of information (NET)	113 19%	15 27% BE	4 7%	9 20% E	73 33% BE	5 3%	8 15%	39 16%	74 21%
Study a large amount in a short period of time	43 7%	9 16% BE	0 -	2 5%	26 12% BE	2 1%	4 7%	17 7%	27 8%

Detailed Tables

How do you define cramming?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H
 * small base; ** very small base (under 30) ineligible for sig testing

	Total	REGION						GENDER	
		BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
Trying to study everything/ all materials	40 7%	A 5 10%	B 3 6%	C 7 15%	D 22 10%	E 0 -	F 2 4%	G 11 4%	H 29 8%
Trying to retain too much information	16 3%	0 -	0 -	0 -	11 5%	2 1%	2 4%	6 2%	10 3%
Learning material for the first time	16 3%	1 1%	1 1%	0 -	14 7%	0 -	0 -	8 3%	8 2%
Stressful/ a sign of stress	10 2%	3 5%	3 4%	0 -	1 0	2 1%	2 4%	3 1%	7 2%
Study very fast/ rush through the information	16 3%	2 3%	1 1%	0 -	4 2%	7 4%	3 6%	9 4%	7 2%
Retain knowledge for the short term	15 3%	2 4%	1 1%	3 6%	4 2%	2 1%	3 6%	5 2%	10 3%
Ineffective way to study	19 3%	2 4%	3 6%	0 -	8 3%	6 4%	0 -	7 3%	12 3%
Not being properly prepared	9 1%	0 -	0 -	0 -	7 3%	2 1%	0 -	4 2%	5 1%
Other	86 14%	8 14%	9 15%	5 11%	32 14%	21 13%	11 21%	43 17%	43 12%
Dk/ns	98 16%	2 3%	1 2%	0 -	5 2%	90 55%	0 -	51 21%	48 14%

By your own definition of cramming, are you a crammer?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H
 * small base; ** very small base (under 30) ineligible for sig testing

	Total	REGION						GENDER	
		BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
Yes	198 33%	26 48%	25 44%	14 32%	83 38%	25 15%	23 42%	83 34%	115 33%
No	399 67%	29 52%	33 56%	30 68%	138 62%	139 85%	32 58%	162 66%	238 67%

Detailed Tables

Where do you study for exams most often?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
In your room (at home, residence, etc.)	422 71%	34 62%	40 69%	32 73%	153 69%	131 80%	32 58%	161 66%	261 74%
A library (on or off campus)	100 17%	12 22%	10 18%	5 12%	46 21%	15 9%	10 19%	53 22%	47 13%
On campus, but not at a library (e.g. student union, common room, park)	46 8%	5 9%	5 9%	4 9%	12 5%	9 6%	10 19%	25 10%	21 6%
Coffee shop or café	23 4%	3 6%	2 3%	3 6%	7 3%	6 4%	2 4%	6 2%	17 5%
At work (while on the job)	3 0	0 -	1 1%	0 -	2 1%	0 -	0 -	0 -	3 1%
Bookstore or café in bookstore	2 0	0 -	0 -	0 -	1 0	1 0	0 -	0 -	2 0
Other	2 0	1 1%	0 -	0 -	0 -	1 1%	0 -	0 -	2 1%

Detailed Tables

Thinking about the exams you have taken in university, please use the scale below to indicate how much exam-related stress you experience.

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
7 Extreme Stress	45 8%	3 6%	5 8%	4 9%	24 11%	7 4%	2 4%	10 4%	35 10%
6	193 32%	16 29%	18 30%	19 43%	79 36%	38 23%	23 42%	74 30%	118 34%
5	194 32%	23 41%	21 37%	14 31%	70 32%	58 35%	7 13%	75 31%	119 34%
4 Moderate Stress	107 18%	10 18%	7 13%	6 14%	26 12%	39 24%	19 34%	52 21%	55 16%
3	37 6%	2 3%	6 11%	1 3%	13 6%	13 8%	2 4%	19 8%	18 5%
2	19 3%	1 1%	1 1%	0 -	9 4%	7 4%	2 4%	12 5%	7 2%
1 No Stress	3 0	1 2%	0 -	0 -	0 -	2 1%	0 -	2 1%	1 0
Top2Box	238 40%	19 35%	22 38%	23 52%	103 47%	45 28%	25 45%	84 34%	154 44%
Low2Box	22 4%	2 3%	1 1%	0 -	9 4%	8 5%	2 4%	14 6%	8 2%
Mean	5.1	5.1	5.1	5.4 E	5.2 E	4.8	5.0	4.8	5.2 G
Std. Dev.	1.19	1.12	1.15	0.94	1.20	1.20	1.19	1.24	1.12
Std. Err	0.05	0.13	0.15	0.15	0.09	0.08	0.25	0.09	0.06
Median	5	5	5	5	5	4	5	4	5

Detailed Tables

And when do you experience the MOST exam-related stress?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC A	Alberta B	Sask/Man C	Ontario D	Quebec E	Atlantic F	Male G	Female H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
While studying / preparing for an exam	193 32%	14 25%	29 50% ACE	9 20%	83 37% CE	43 26%	16 29%	78 32%	115 33%
In the final hours just before an exam	285 48%	31 55% B	17 29%	28 63% BD	93 42%	84 51% B	32 58%	115 47%	170 48%
During the exam	73 12%	7 12%	10 17%	4 10%	28 13%	20 12%	4 7%	26 11%	46 13%
After the exam is over, but before results are available	46 8%	4 7%	2 4%	3 8%	17 7%	17 10%	3 6%	25 10%	21 6%

Detailed Tables

And, which of these causes you the most exam related stress?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
Having too many exams to study for	120 20%	5 10%	15 26%	11 24%	47 21%	33 20%	9 17%	52 21%	68 19%
Pressure to do well in school	111 19%	14 25% D	10 17%	7 16%	31 14%	43 26% D	6 12%	48 19%	63 18%
Balancing studying with other responsibilities (job, family, relationships, etc.)	107 18%	12 22% E	9 16%	14 32% DE	39 18%	19 12%	13 24%	43 18%	64 18%
Not having enough time to study	78 13%	8 15%	7 12%	6 14%	32 14%	22 13%	3 6%	30 12%	48 14%
Fear of failure	74 12%	7 12%	9 15%	3 6%	29 13%	17 11%	9 17%	30 12%	44 12%
Exam is a high percentage (50% or more) of final grade	48 8%	5 9%	3 6%	1 3%	18 8%	11 7%	9 17%	19 8%	29 8%
Poor study habits	34 6%	3 5%	2 3%	2 5%	12 6%	11 7%	4 7%	13 5%	21 6%
Not understanding the course material	18 3%	1 1%	2 4%	0 -	9 4%	6 4%	0 -	6 3%	11 3%
Not having access to the help needed from professors and teaching assistants (to answer questions, clarify course materials, etc.)	1 0	0 -	0 -	0 -	1 0	0 -	0 -	0 -	1 0
Worry about other school work/ studying	1 0	0 -	1 1%	0 -	0 -	0 -	0 -	0 -	1 0
Other	5 1%	1 1%	0 -	0 -	2 1%	2 1%	0 -	3 1%	2 1%
Dk/ns	2 0	0 -	0 -	0 -	2 1%	0 -	0 -	2 1%	0 -

Detailed Tables

How does exam-related stress affect you? In other words, what physical sensations, emotions and behaviours do you experience?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
Feelings of nervousness/ anxiety	172 29%	27 49% BDE	17 29%	14 33% E	64 29% E	30 18%	20 36%	65 27%	107 30%
Difficulty sleeping	162 27%	10 18%	18 32% C	4 10%	59 27% C	58 36% AC	12 22%	48 19%	114 32% G
Fatigue/ exhaustion	91 15%	11 21%	9 15%	6 15%	33 15%	21 13%	10 19%	43 18%	48 14%
Headaches	80 13%	8 14%	10 17%	7 16%	36 16% E	14 8%	6 11%	17 7%	63 18% G
Develop stomach aches (incl. butterflies in stomach)	76 13%	8 14%	4 7%	7 16%	19 9%	34 21% BD	4 7%	21 8%	55 16% G
Can't focus/ concentrate	74 12%	7 13%	5 8%	5 11%	33 15%	24 15%	0 -	31 13%	43 12%
Irritability	73 12%	11 21% D	6 10%	8 18%	17 8%	29 18% D	2 4%	18 7%	55 16% G
Bad mood/ moody	65 11%	4 8%	4 7%	8 19%	20 9%	17 11%	10 19%	20 8%	44 13%
Sick/ nauseous/ vomiting	57 10%	10 19% BE	3 6%	6 15% E	28 13% E	6 4%	3 6%	14 6%	43 12% G
Loss of appetite	56 9%	3 6%	5 9%	3 7%	24 11%	18 11%	2 4%	18 7%	39 11%
Fear/ fear of failure	46 8%	4 8%	3 6%	6 14%	19 9%	8 5%	4 7%	18 7%	27 8%

Detailed Tables

How does exam-related stress affect you? In other words, what physical sensations, emotions and behaviours do you experience?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Accelerated heart rate	40 7%	1 2%	3 4%	2 5%	14 7%	18 11%	2 4%	11 4%	30 8%
Frustration	40 7%	4 8%	6 11%	5 12%	17 7%	1 1%	6 12%	21 9%	18 5%
Negative effects on personal life / regular routine	34 6%	3 5%	9 15%	2 5%	13 6%	4 3%	4 7%	15 6%	20 6%
Poor eating habits	34 6%	5 9%	4 7%	2 5%	12 6%	6 4%	4 7%	6 3%	28 8%
Insecurities/ lowered self esteem	33 5%	3 5%	2 4%	0 -	15 7%	7 4%	6 12%	18 7%	15 4%
Agitation/ restlessness	31 5%	3 6%	4 7%	3 8%	10 5%	4 2%	5 10%	12 5%	19 5%
Impatient/ short-tempered	29 5%	2 4%	2 3%	0 -	11 5%	11 7%	3 6%	15 6%	14 4%
Sweating	29 5%	3 5%	1 2%	1 3%	7 3%	13 8%	3 6%	18 7%	10 3%
Tension	27 4%	3 6%	3 4%	3 6%	11 5%	2 1%	5 10%	9 4%	18 5%
Emotional	26 4%	0 -	5 9%	5 11%	11 5%	3 2%	2 4%	6 2%	20 6%
Become negative/ depressed	26 4%	1 1%	3 6%	2 4%	12 6%	8 5%	0 -	8 3%	18 5%
Discouragement/ wanting to give up	25 4%	4 7%	0 -	1 2%	15 7%	3 2%	2 4%	7 3%	19 5%
Body aches (incl. back pains, neck pains)	25 4%	3 6%	1 1%	1 3%	9 4%	8 5%	2 4%	9 4%	17 5%
Memory blank/ forgetting what I already know	24 4%	2 3%	4 7%	3 8%	7 3%	8 5%	0 -	11 5%	13 4%
Shaking	23 4%	5 9%	2 3%	0 -	7 3%	7 4%	3 6%	8 3%	15 4%

Detailed Tables

How does exam-related stress affect you? In other words, what physical sensations, emotions and behaviours do you experience?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Panic/ panic attacks	20 3%	3 4%	2 3%	3 6%	10 4%	3 2%	0 -	5 2%	15 4%
Tears/ crying	19 3%	0 -	3 4%	1 3%	10 4%	3 2%	2 4%	0 -	19 5%
Feelings of depression	19 3%	3 5%	1 2%	0 -	7 3%	1 1%	6 12%	15 6%	4 1%
Anger	18 3%	1 2%	3 4%	0 -	7 3%	2 1%	5 10%	8 3%	10 3%
Feeling cold	14 2%	0 -	2 3%	0 -	0 -	11 7%	2 4%	4 2%	10 3%
Reduced social activity	14 2%	2 3%	0 -	0 -	6 3%	6 4%	0 -	6 3%	8 2%
Difficulty breathing	14 2%	3 4%	3 5%	0 -	6 3%	3 2%	0 -	1 1%	13 4%
Feeling warm	12 2%	0 -	0 -	1 3%	3 1%	8 5%	0 -	4 2%	8 2%
Pressure	11 2%	0 -	2 4%	3 8%	4 2%	1 1%	0 -	5 2%	6 2%
Guilt/ regret over lack of studying	11 2%	1 1%	3 4%	0 -	4 2%	0 -	3 6%	5 2%	6 2%
Skin problems (acne, eczema...)	10 2%	2 3%	2 3%	1 3%	2 1%	3 2%	0 -	1 0	9 2%
Bowel movement/ digestive problems	10 2%	0 -	0 -	0 -	3 1%	7 4%	0 -	7 3%	3 1%
Can't think of anything except exam/ studying	9 2%	1 1%	0 -	1 3%	3 1%	5 3%	0 -	4 2%	6 2%
Inability to relax	9 2%	0 -	1 1%	0 -	5 2%	3 2%	0 -	3 1%	7 2%

Detailed Tables

How does exam-related stress affect you? In other words, what physical sensations, emotions and behaviours do you experience?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Nail biting	9 2%	1 2%	1 1%	0 -	1 0	6 4%	0 -	2 1%	7 2%
Become sensitive	9 1%	0 -	0 -	0 -	3 1%	6 4%	0 -	3 1%	6 2%
Overwhelmed	9 1%	1 1%	1 1%	1 3%	4 2%	1 1%	0 -	2 1%	7 2%
Dizziness	8 1%	0 -	0 -	0 -	3 1%	2 1%	3 6%	4 2%	4 1%
Motivation to study	8 1%	0 -	1 1%	0 -	3 1%	2 1%	2 4%	4 2%	4 1%
Develop nervous tics	7 1%	1 1%	0 -	1 3%	2 1%	3 2%	0 -	1 0	6 2%
Become focused/ alert	6 1%	0 -	0 -	1 3%	3 1%	1 1%	0 -	0 -	6 2%
Other	52 9%	4 8%	3 6%	1 3%	21 9%	15 9%	6 12%	27 11%	25 7%
Dk/ns	2 0	0 -	0 -	0 -	2 1%	1 0	0 -	2 1%	1 0

Detailed Tables

What techniques, methods, and behaviours do you have or do you use to help you cope with, relieve, or prevent exam related stress?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
Exercise/ go to the gym/ play sports	162 27%	13 24%	15 25%	13 29%	55 25%	46 28%	20 36%	66 27%	97 27%
Take pills/ medications	14 2%	1 1%	2 4%	1 2%	8 4%	2 1%	0 -	8 3%	6 2%
Take a break	86 14%	7 13%	9 15%	6 14%	40 18% E	13 8%	11 21%	27 11%	59 17%
Sleep enough/ rest well	91 15%	10 19%	11 19%	5 11%	38 17%	21 13%	6 11%	27 11%	64 18% G
Eat well	26 4%	3 5%	4 7%	1 3%	9 4%	5 3%	4 7%	9 4%	16 5%
Eat something I like (chocolate, ice cream, etc.)	28 5%	3 4% E	4 7% E	2 5% E	18 8% E	1 0	0 -	8 3%	20 6%
Drink a beer/ alcohol	16 3%	1 2%	3 5%	0 -	7 3%	5 3%	0 -	14 6% H	3 1%
Relax/ meditation/ yoga	94 16%	8 15%	9 15%	4 9%	25 11%	35 21% D	14 25%	37 15%	57 16%
Breath deeply	63 11%	9 17% D	6 11%	6 13%	16 7%	23 14% D	3 6%	20 8%	43 12%
Take a bath	19 3%	3 4%	3 4%	0 -	6 3%	6 4%	2 4%	0 -	19 5% G
Concentrate/ focus	16 3%	2 3% E	4 7% E	0 -	7 3% E	1 0	2 4%	3 1%	13 4%
Drink coffee	31 5%	5 8%	2 3%	4 9%	11 5%	10 6%	0 -	18 7%	13 4%
Talk with friend/ socialize	86 14%	5 10%	7 12%	10 24%	26 12%	19 11%	19 34%	35 14%	51 14%

Detailed Tables

What techniques, methods, and behaviours do you have or do you use to help you cope with, relieve, or prevent exam related stress?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Pray	10 2%	2 4%	3 4%	0 -	5 2%	1 0	0 -	2 1%	8 2%
Play games/ have fun	52 9%	5 9%	5 9%	3 6%	19 9%	9 6%	10 19%	26 10%	26 7%
Study more (NET)	186 31%	17 30%	22 38%	15 34%	62 28%	58 36%	12 22%	65 26%	121 34%
Study more	94 16%	10 18%	11 18%	7 15%	27 12%	33 20%	6 11%	33 14%	60 17%
Prepare in advance	105 18%	8 14%	11 20%	8 19%	39 18%	32 20%	6 11%	35 14%	70 20%
Organize my time/ scheduling	52 9%	5 10%	5 9%	5 11%	16 7%	16 10%	4 7%	16 6%	36 10%
Watch TV	26 4%	1 2%	0 -	0 -	10 5%	9 5%	6 11%	9 4%	18 5%
Listen to music	45 7%	3 6%	2 3%	4 10%	13 6%	15 9%	7 13%	17 7%	27 8%
Study with friends	29 5%	3 5%	5 9%	2 5%	8 4%	7 4%	3 6%	7 3%	22 6%
Drink/ Drink water	16 3%	3 4%	5 8% DE	1 3%	4 2%	3 2%	0 -	9 4%	7 2%
Optimism	17 3%	2 4%	0 -	2 5%	5 2%	8 5%	0 -	4 2%	13 4%
Don't worry about it	23 4%	3 5%	2 3%	3 7%	8 3%	6 3%	2 4%	9 4%	14 4%
Other	62 10%	5 10%	6 11%	8 18% E	27 12%	11 7%	3 6%	28 12%	33 9%
Nothing	22 4%	2 4%	0 -	1 3%	9 4%	9 5%	0 -	14 6% H	7 2%
Dk/ns	3 0	0 -	0 -	0 -	3 1%	0 -	0 -	2 1%	1 0

Detailed Tables

If you could bring one thing into an exam to help you relieve stress, other than cheating notes or permitted exam materials (like formula sheets), what would that be?

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Base: All respondents	597	76	61	38	191	208	23	187	410
Weighted	597	56*	58*	44*	221	164	55**	245	352
Music (discman, walkman, headphones, etc.)	118 20%	10 18%	13 22%	6 15%	36 16%	36 22%	17 30%	50 20%	68 19%
Food (candy, chocolate, chips, fruit, etc.)	50 8%	6 11%	6 10%	2 4%	14 6%	14 8%	8 15%	18 7%	32 9%
Drink (coffee, tea, hot chocolate, juice, etc.)	43 7%	3 6%	3 5%	3 7%	22 10%	10 6%	2 4%	18 7%	25 7%
Water	32 5%	4 7%	0 -	0 -	16 7%	7 4%	5 10%	21 9%	11 3%
Study guide/ notes/ textbook	27 4%	3 6%	2 4%	2 5%	10 5%	5 3%	4 7%	12 5%	15 4%
Ball/ stress ball	20 3%	1 2%	3 4%	0 -	8 4%	6 4%	2 4%	7 3%	14 4%
Friend/ family member	14 2%	1 1%	3 5%	1 3%	3 2%	2 1%	4 7%	4 2%	10 3%
More time to complete the exam	14 2%	3 5%	1 2%	1 3%	5 2%	4 2%	0 -	7 3%	7 2%
Comfortable chair	14 2%	2 3%	0 -	1 2%	4 2%	7 4%	0 -	5 2%	9 2%
Picture	11 2%	2 3%	2 3%	1 3%	3 1%	0 -	3 6%	4 2%	7 2%
More work space/ less cramped exam space	10 2%	1 2%	0 -	0 -	4 2%	2 1%	3 6%	7 3%	4 1%
Cigarettes	10 2%	2 3%	0 -	1 3%	5 2%	2 1%	0 -	4 2%	6 2%
Masseuse	10 2%	1 1%	0 -	2 5%	4 2%	3 2%	0 -	1 0	9 2%

Detailed Tables

If you could bring one thing into an exam to help you relieve stress, other than cheating notes or permitted exam materials (like formula sheets), what would that be?

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F - G/H

* small base; ** very small base (under 30) ineligible for sig testing

	REGION							GENDER	
	Total	BC	Alberta	Sask/Man	Ontario	Quebec	Atlantic	Male	Female
		A	B	C	D	E	F	G	H
Pillow/ cushion	8 1%	0 -	1 1%	0 -	8 3%	0 -	0 -	5 2%	4 1%
Animal/ pet	7 1%	1 2%	0 -	1 3%	3 2%	2 1%	0 -	4 1%	4 1%
Reformed school system/ testing format	7 1%	1 1%	0 -	0 -	5 2%	1 1%	0 -	3 1%	4 1%
Earplugs	7 1%	0 -	0 -	0 -	3 1%	2 1%	2 4%	1 0	6 2%
Gum	6 1%	0 -	0 -	1 3%	3 2%	2 1%	0 -	4 2%	3 1%
Toy/ stuffed animal	5 1%	2 3%	0 -	0 -	3 1%	0 -	0 -	1 0	4 1%
Clothing (pajamas, baseball hat, slippers, etc.)	4 1%	2 3%	0 -	0 -	1 0	1 1%	0 -	1 0	3 1%
More time to study	1 0	0 -	1 1%	0 -	0 -	1 0	0 -	0 -	1 0
Other	66 11%	7 12%	9 15%	5 13%	30 14%	12 8%	2 4%	29 12%	37 10%
Nothing	80 13%	4 8%	8 13%	12 27%	18 8%	36 22%	2 4%	27 11%	53 15%
Dk/ns	33 6%	2 4%	8 13%	3 6%	11 5%	10 6%	0 -	13 5%	20 6%