

Achievement Emotions Questionnaire – Short (AEQ-S)

Reference:

Bieleke, M., Gogol, K., Goetz, T., Daniels, L., & Pekrun, R. (2021). The AEQ-S: A short version of the Achievement Emotions Questionnaire. *Contemporary Educational Psychology*, 65, 101940.
<https://doi.org/10.1016/j.cedpsych.2020.101940>

Note:

In the validation studies, items were sorted by context (class, learning, test) but not by emotion. The headings for contexts and emotions highlighted in yellow in this document should be removed. Participants responded to all items by using rating scales with five categories: 1 (*strongly disagree*) to 5 (*strongly agree*).

Class-related Emotions

Attending classes at university can induce different feelings. The following questions refer to emotions you may experience when being in class at university. Before answering the questions, please recall some typical situations of being in class which you have experienced during the course of your studies. Please indicate how you feel, typically, when being in class. Please read each statement carefully and respond using the scale provided.

Enjoyment

I enjoy being in class.
I am looking forward to learning a lot in this class.
I am motivated to go to this class because it's exciting.
I enjoy participating so much that I get energized.

Hope

I am confident when I go to class.
I am full of hope.
I am confident because I understand the material.
Being confident that I will understand the material motivates me.

Pride

I am proud of myself.
I think that I can be proud of what I know about this subject.
Because I take pride in my accomplishments in this course, I am motivated to continue.
When I do well in class, my heart throbs with pride.

Anger

I am angry.
When I think of the time I waste in class I get aggravated.
I wish I didn't have to attend class because it makes me angry.
I feel anger welling up in me.

Anxiety

I feel nervous in class.
Even before class, I worry whether I will be able to understand the material.
Because I'm so nervous I would rather skip the class.
I get tense in class.

Shame

I get embarrassed.
When I say anything in class I feel like I am making a fool of myself.
After I have said something in class I wish I could crawl into a hole and hide.
Because I get embarrassed, I become tense and inhibited.

Hopelessness

I feel hopeless.
I have lost all hope in understanding this class.
Because I've given up, I don't have energy to go to class.
I feel so hopeless all my energy is depleted.

Boredom

I get bored.
The lecture bores me.
I think about what else I might be doing rather than sitting in this boring class.
I get restless because I can't wait for the class to end.

Learning-related Emotions

Studying for your courses at university can induce different feelings. The following questions refer to emotions you may experience when studying. Before answering the questions, please recall some typical situations of studying which you have experienced during the course of your studies. Please indicate how you feel, typically, when studying. Please read each statement carefully and respond using the scale provided.

Enjoyment

I enjoy the challenge of learning the material.
I enjoy dealing with the course material.
I am so happy about the progress I made that I am motivated to continue studying.
When my studies are going well, it gives me a rush.

Hope

I feel confident when studying.
I feel confident that I will be able to master the material.
I feel optimistic that I will make good progress at studying.
My sense of confidence motivates me.

Pride

I'm proud of myself.
I think I can be proud of my accomplishments at studying.
Because I want to be proud of my accomplishments, I am very motivated.
When I excel at my work, I swell with pride.

Anger

Studying makes me irritated.
I get annoyed about having to study.
I get so angry I feel like throwing the textbook out of the window.
When I sit at my desk for a long time, my irritation makes me restless.

Anxiety

I get tense and nervous while studying.
I worry whether I'm able to cope with all my work.
While studying I feel like distracting myself in order to reduce my anxiety.
Worry about not completing the material makes me sweat.

Shame

I feel ashamed.
I feel ashamed when I realize that I lack ability.
Because I have had so much trouble with the course material, I avoid discussing it. (*)
When somebody notices how little I understand I avoid eye contact.

Hopelessness

I feel helpless.
I'm resigned to the fact that I don't have the capacity to master this material.
I feel so helpless that I can't give my studies my full efforts.
My lack of confidence makes me exhausted before I even start.

Boredom

Studying for my courses bores me.
The material is so boring that I find myself daydreaming.
I would rather put off this boring work till tomorrow.
While studying I seem to drift off because it's so boring.

Test-related Emotions

Test and exams can induce different feelings. The following questions refer to emotions you may experience when taking tests or exams at university. Before answering the questions, please recall some typical situations of test-taking or exams which you have experienced during the course of your studies. Please indicate how you feel, typically, when taking a test or an exam. Please read each statement carefully and respond using the scale provided.

Enjoyment

I enjoy taking the exam.
For me the test is a challenge that is enjoyable.
Because I enjoy preparing for the test, I'm motivated to do more than is necessary.
Before taking the exam, I sense a feeling of eagerness.

Hope

I am optimistic that everything will work out fine.
I am very confident.
I think about my exam optimistically.
My confidence motivates me to prepare well.

Pride

I am proud of myself.
I'm proud of how well I mastered the exam.
Pride in my knowledge fuels my efforts in doing the test.
After the exam I feel ten feet taller because I'm so proud.

Relief

After the exam I feel relief. (*)
After the exam I feel freed. (*)
After the exam the tension in my stomach is dissipated. (*)
After the exam I finally can breathe easy again. (*)

Anger

I get angry.
I get angry about the teacher's grading standards.
I wish I could tell the teacher off.
My anger makes the blood rush to my head.

Anxiety

I am very nervous.
I worry whether the test will be too difficult.
I get so nervous I wish I could just skip the exam.
At the beginning of the test, my heart starts pounding.

Shame

I feel ashamed.
I get embarrassed because I can't answer the questions correctly.
I get so embarrassed I want to run and hide.
Because I am ashamed my pulse races.

Hopelessness

I feel hopeless.
I start to think that no matter how hard I try I won't succeed on the test.
I feel like giving up.
I feel so resigned that I have no energy.