

Test Anxiety Survey

Directions: Check **TRUE** or **FALSE** for each statement.

Statement	A	B
While taking an important test, I think about how other people are smarter than me.	TRUE	FALSE
I would worry a lot before I took an intelligence test.	TRUE	FALSE
I sweat a lot while taking important tests.	TRUE	FALSE
While taking a test, I think about other things. I have trouble concentrating on the test.	TRUE	FALSE
I feel very <i>panicky</i> – very anxious – when I have to take a surprise test.	TRUE	FALSE
During a test, I think about what will happen if I fail.	TRUE	FALSE
After a test, I am so worried that my stomach hurts.	TRUE	FALSE
I <i>freeze up</i> and can't finish important tests.	TRUE	FALSE
Even if I do well on one test, I don't feel more confident taking the next test.	TRUE	FALSE
I sometimes feel my heart beating fast during tests.	TRUE	FALSE
After a test, I always feel that I could have done better.	TRUE	FALSE
I usually get depressed after taking a test.	TRUE	FALSE
I feel upset or nervous after taking a test.	TRUE	FALSE
During a test, I get so nervous that I forget things I know.	TRUE	FALSE
Working harder at taking a test or studying makes me more confused.	TRUE	FALSE
As soon as an exam is over, I try to stop worrying about it, but I can't.	TRUE	FALSE
During tests, I sometimes wonder if I will ever finish school.	TRUE	FALSE
I would rather write a paper than take a test.	TRUE	FALSE
I wish tests didn't bother me so much.	TRUE	FALSE
I think I could do better on tests if I could take them alone as slowly as I want to.	TRUE	FALSE

Statement (Continued)	A	B
If I didn't have any tests, I think I would learn more.	TRUE	FALSE
I don't understand why other people get so upset about tests.	FALSE	TRUE
When taking a test, my feelings sometimes get in the way of doing well.	TRUE	FALSE
I don't work harder for important tests than for any school work.	FALSE	TRUE
Even when I am very prepared for a test, I feel very anxious about it.	TRUE	FALSE
I don't like eating before an important test.	TRUE	FALSE
Before a test, my hands or arms shake.	TRUE	FALSE
Schools should know that some people are more nervous than others about tests and that this can affect how they do on the test.	TRUE	FALSE
I start to feel very nervous just before getting my test results.	TRUE	FALSE

Add total check marks:

Scoring: The total number of check marks in Column A is your test anxiety score.

Your Score	What it Means
More than 25	Very high test anxiety
20-25	High test anxiety
12-19	Medium test anxiety
Less than 12	Low test anxiety

If your score is higher than 12, you probably feel uncomfortable about taking tests.

If your score is higher than 12, learning and using test anxiety strategies will be useful for you. It is normal to feel test anxiety and it can be controlled. The study guide will show you some strategies for helping you feel more relaxed about taking tests.