



Academic Advising & Support Office

Do You Have Test Anxiety?

Use the scale to indicate the degree with which you agree or disagree with each of the following statements:

Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
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- I usually have trouble sleeping the night before a test.
1 2 3 4
- When I walk into a classroom to take a test, my heart begins to race as I wonder what is going to be on the test.
1 2 3 4
- My mind seems to go blank now and then during tests.
1 2 3 4
- Just the mere thought of taking a test makes me nervous.
1 2 3 4
- If I could relax a little bit when I take tests, I am sure my performance would improve.
1 2 3 4
- I often get upset with myself after taking a test for having made stupid mistakes.
1 2 3 4
- Panicky thoughts and worries often frustrate me during tests.
1 2 3 4
- No matter how much I prepare to take a test, I never feel fully prepared.
1 2 3 4
- I often experience a dry mouth and/or sweaty hands when I take tests.
1 2 3 4
- During tests I usually find myself thinking about whether I am going to get a lower grade than I want.
1 2 3 4

Add up all of your responses:

- Scores above 25 indicate a fairly high level of test anxiety.
- Scores between 15 and 25 indicate a moderate level of test anxiety.
- Scores below 15 indicate a low level of test anxiety.