

DO YOU HAVE TEST ANXIETY?

Place a check in the column that seems most characteristic of you.

	Never	Sometimes	Usually
1. I have trouble sleeping the night before a test.			
2. During a test, my palms sweat.			
3. Before a test, I get a headache.			
4. During a test, I have become nauseated and had to leave			
5. Because of panic, I have cut class on test day.			
6. I have had pains in my neck, back, or legs during a test.			
7. My heart pounds just before or during a test.			
8. I feel nervous and jittery when I am taking a test.			
9. During a test, my chest feels tight and I have trouble breathing			
10. I lose my appetite before a test.			
11. I make careless errors on tests.			
12. My mind goes blank during tests.			
13. I worry when other students finish before I do.			
14. I feel pushed for time when I am taking a test.			
15. I worry that I am doing poorly on a test and others are doing OK.			
16. When I am taking a test, I think about my past failures.			
17. During a test, I feel as if I studied all the wrong things.			
18. I can't think clearly during tests.			
19. I have a hard time understanding and remembering directions when I am taking a test.			
20. After a test, I remember answers to questions I either left blank or answered incorrectly.			

Questions 1-10 refer to physical symptoms of test anxiety, and questions 11-20 refer to mental symptoms. If you checked “sometimes” or “usually” ten or more times, you may have some test anxiety.

