

Do You Have Test Anxiety?

Place a check in one column for each question.

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 a test.			
8. I feel nervous and jittery when I am taking a test.			
9. During a test, my chest feels tight.			
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 the test 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.			
16. When I am taking a test, I think about past failures.			
17. During a test, I feel as if I studied the wrong things.			
18. I can't think clearly during tests.			
19. I have a hard time understanding directions during a test.			
20. After a test, I remember correct answers to questions.			

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.



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