

TEST ANXIETY?

Name _____

Below you will find a checklist to help you understand how you react to tests. Complete the checklist to rate your "anxiety level."

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Test-Taking Checklist

Code

0 = Never 1 = Sometimes 2 = Often 3 = Always

- 1. I don't feel that I study properly for tests. _____
- 2. I begin to feel nervous several days before a test. _____
- 3. My nervousness increases on the day of the test. _____
- 4. I feel that I will do poorly on tests. _____
- 5. If I don't know an answer, I begin to panic. _____
- 6. I get confused while taking tests. _____
- 7. Even if I have studied, I feel unsure of my answers. _____
- 8. I forget information that I have studied. _____
- 9. While I'm taking a test, I tell myself that I don't know the answers. _____

Total Points _____

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A score of 12 or more could signal a high anxiety level. Your nervousness and confusion may be causing you to do poorly on tests. You may be convinced in advance that you will fail the test. If you have difficulty with a question, you may become so upset that you can no longer concentrate.

How can you break this cycle of fear? The first step is to be prepared for the test.

adapted from Greene,L.J. and Jones-Bamman,L. Getting Smarter, 1985.