

Test Anxiety Self-Assessment (Screening Test)

Check the response that seems most characteristic of you.

	Never	Sometimes	Usually
1. Have trouble sleeping the night before a test.	___	___	___
2. Before a test, I get a headache.	___	___	___
3. I lose my appetite before a test.	___	___	___
4. Because of panic, I cut classes to study.	___	___	___
5. My heart pounds just before or during a test.	___	___	___
6. During a test, my palms sweat.	___	___	___
7. During a test, I have become nauseated and had to leave the testing room.	___	___	___
8. I have had pains in my neck, back, or legs during an exam.	___	___	___
9. I feel nervous and jittery when I am taking an exam.	___	___	___
10. During an exam, my chest feels tight and I have trouble remembering.	___	___	___
11. I make careless errors on tests.	___	___	___
12. My mind goes blank during tests.	___	___	___
13. I worry when other students are finished before I am.	___	___	___
14. I feel pushed for time when I am taking a test.	___	___	___
15. I worry that I am doing poorly on a test and that everyone else is doing well.	___	___	___
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 on the self-assessment refer to physical symptoms of test anxiety. Questions 11-20 refer to mental symptoms. If you checked "sometimes" or "usually" ten or more times, you may have some test anxiety. To be sure, you might want to visit a counselor and talk about how you feel before, during, and after taking tests. Test anxiety is a learned response; and because you learned it, you can unlearn it.