Test Anxiety Assessment

Complete by checking Yes, Sometimes, or No for each of the twelve statements:

WHEN PREPARING FOR OR TAKING A TEST: YES  SOMETIMES  NO
1. I think about whether I’m going to pass or fail.  ☐  ☐  ☐
2. I keep wishing the exam were over.  ☐  ☐  ☐
3. I worry that I am not doing well.  ☐  ☐  ☐
4. I can’t stop thinking about how nervous I feel.  ☐  ☐  ☐
5. My stomach gets upset.  ☐  ☐  ☐
6. My heart beats very fast.  ☐  ☐  ☐
7. I often freeze up, and my mind goes blank.  ☐  ☐  ☐
8. I feel hot and sweaty.  ☐  ☐  ☐
9. I feel very tense.  ☐  ☐  ☐
10. I forget information that I really know.  ☐  ☐  ☐
11. I often get panicky.  ☐  ☐  ☐
12. I tend to breathe faster.  ☐  ☐  ☐

SCORING – Total your points using the following key:
Each Yes = 2 points
Each Sometimes = 1 point
Each No = 0 points
Your total points = __________

You’ll have a total score between 0 and 24.

The higher your total score on the Test Anxiety Assessment, the more anxious you are when taking a test.

If your score is between 10 and 24, you’ll likely benefit from working on strategies to reduce the worry and anxiety associated with test taking.

Note that items 1-4 on the assessment refer to those thoughts that negatively affect your test-taking performance. Worry over such things as your test results, whether you are going to pass the course, whether you will make it through college, or even your parent’s reactions can interfere with test performance.

Excessive worry can lead to a physical reaction toward test taking, including sweaty palms, rapid breathing, dizziness, and so on. Assessment items 5-12
refer to this *physical response*. Thus, apprehension plus a physiological response results in full-blown test anxiety.

If you think that you COULD HAVE DONE BETTER on a test if you weren’t so anxious, then you need to tackle ways to reduce this anxiety.

Look at your total score on the test anxiety assessment.

**Score less than 10?** Why do you think your anxiety is low?
How do you approach a test, or how do you THINK about exams that keep anxiety at a minimum.

If you had more than 10, let’s see if any of these might trigger worry and anxiety:

- The word “test” on the syllabus or board
- The night before the exam
- The morning of the exam
- Walking into the classroom to take the exam
- Hearing other students talk about the exam
- The instructor passing out the exam to the class
- A test item that you’re not sure how to answer
- Waiting to get back the results

**YOU HAVE TO CHANGE HOW YOU THINK ABOUT THE TEST.**

🌈 Don’t think about the past or future, only the present.
Test-anxious students tend to focus on what occurred before – i.e., I did poorly on the last quiz, OR they predict what will occur – i.e. I’m going to fail this test.

🌈 Put the test in perspective.
Test anxious students tend to over inflate the importance of any single test. In the realm of worldly events, any one exam is not THAT important. “I am going to fail this biology test” – TO “I am going to flunk the biology course” – TO…. It just goes on and on.

🌈 Be Positive.
Instead of “I’m so mad at myself for getting a “d” on this quiz”
Say “It’s OKAY that I received a d this time – I’ll probably IMPROVE on the next quiz.

IF you scored high on physical reaction, you might want to visit the counseling center to get some strategies to help you through those physical reactions.