

# Center for Academic Success

## DO YOU HAVE TEST ANXIETY?

Directions: 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 a 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 remembering.	_____	_____	_____
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 that everyone else is doing alright.	_____	_____	_____
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.