**Directions:** Read each statement carefully and see if it reflects your experience in taking tests. If it does, place a check mark next to the number of the statement. Check all items that fit your experience and be honest.

\_\_\_\_ 1. I wish there were some way to succeed without taking tests.

\_\_\_\_ 2. Getting a good score on one test does not seem to increase my confidence on other tests.

\_\_\_\_ 3. People (family, friends, etc.) are counting on me to do well.

\_\_\_\_ 4. During a test, I sometimes find myself thinking about things that have nothing to do with the test.

\_\_\_\_ 5. I do not enjoy eating before or after an important test.

\_\_\_\_ 6. I have always dreaded courses in which the teacher has the habit of giving pop quizzes.

\_\_\_\_ 7. It seems to me that test sessions should not be made the formal, tense situations that they are.

\_\_\_\_ 8. People who do well on tests generally end up in better positions in life.

\_\_\_\_ 9. Before or during an important exam, I find myself thinking about how much brighter some of the other test-takers are.

\_\_\_\_ 10. Even though I don’t always think about it, I am concerned about how others will view me if I do poorly.

\_\_\_\_ 11. Worrying about how well I will do interferes with my preparation and performance on tests.

\_\_\_\_ 12. Having to face an important test disturbs my sleep.

\_\_\_\_13. I cannot stand to have people walking around or watching while I test.

\_\_\_\_ 14. If exams could be done away with, I think I would actually learn more from my courses.

\_\_\_\_ 15. Knowing that my future depends in part on doing well on tests upsets me.

\_\_\_\_ 16. I know I could outscore most people if I could just get myself together.

\_\_\_\_ 17. People will question my ability if I do poorly.

\_\_\_\_ 18. I never seem to be fully prepared to take tests.

\_\_\_\_ 19. I cannot relax physically before a test.

\_\_\_\_ 20. I mentally freeze up on important tests.

\_\_\_\_ 21. Room noises (from lights, heating/cooling systems, other testers) bother me.

\_\_\_\_ 22. I have a hollow, uneasy feeling before taking a test.

\_\_\_\_ 23. Tests make me wonder if I will ever reach my goals.

\_\_\_\_ 24. Tests do not really show how much a person knows.

\_\_\_\_ 25. If I score low, I am not going to tell anyone exactly what my score was.

\_\_\_\_ 26. I often feel the need to cram before a test.

\_\_\_\_ 27. My stomach becomes upset before important tests.

\_\_\_\_ 28. I sometimes seem to defeat myself (think negative thoughts) while working on an important test.

\_\_\_\_ 29. I start feeling very anxious or uneasy just before getting test results.

\_\_\_\_ 30. I wish I could get into a vocation that does not require tests for entrance.

\_\_\_\_ 31. If I do not do well on a test, I guess it will mean I am not as smart as I thought I was.

\_\_\_\_ 32. If my score is low, my parents will be very disappointed.

\_\_\_\_ 33. My anxiety about tests makes me want to avoid preparing fully, and this just makes me more anxious.

\_\_\_\_ 34. I often find my fingers tapping or my legs jiggling while taking a test.

\_\_\_\_ 35. After taking a test, I often feel I could have done better than I actually did.

\_\_\_\_ 36. When taking a test, my emotional feelings interfere with my concentration.

\_\_\_\_ 37. The harder I work on some test items, the more confused I get.

\_\_\_\_ 38. Aside from what others may think of me, I am concerned about my own opinion of myself if I do poorly.

\_\_\_\_ 39. My muscles tense up in certain areas of my body when I take a test.

\_\_\_\_ 40. I do not feel confident and mentally relaxed before a test.

\_\_\_\_ 41. My friends will be disappointed in me if my score is low.

\_\_\_\_ 42. One of my problems is not knowing exactly when I am prepared for a test.

\_\_\_\_ 43. I often feel physically panicky when I have to take a really important test.

\_\_\_\_ 44. I wish teachers understood that some people are more nervous than others when taking tests, and that this could be taken into account when test answers are evaluated.

\_\_\_\_ 45. I would rather write a paper than take a test for a grade.

\_\_\_\_ 46. I am going to find out how others did before I announce my score.

\_\_\_\_47. Some people I know will be amused if I score low, and this bothers me.

\_\_\_\_ 48. I think I could do much better on tests if I could take them alone and/or not feel pressured by a time limit.

\_\_\_\_ 49. My test performance is directly connected to my future success and security.

\_\_\_\_ 50. During tests, I sometimes get so nervous that I forget facts that I really know.

**Four main sources of test anxiety:**

1. Concerns about how others will view you if you do poorly

Statement

3

10

17

25

32

41

46

47

2. Concerns about your own self-image

Statement

2

9

16

24

31

38

40

3. Concerns about your future security

Statement

1

8

15

23

30

49

4. Concerns about not being prepared for a test

Statement

6

11

18

26

33

42

**Three main expressions of test anxiety:**

1. Bodily reaction

Statement

5

12

19

27

34

39

43

2. Thought Disruptions

Statement

4

13

20

21

28

35

36

37

48

50

3. General test-taking anxiety

Statement

7

14

22

29

44

45