

Test Anxiety Survey

Identify your personal causes of test anxiety and list steps to overcome this problem. Relate the symptoms listed below to the chart *Indicators of Anxiety* (Module 3 Exercise 3.6 Page 112) as a response to stress.

<i>Physical Symptoms of Test Anxiety</i>		<i>Never</i>	<i>Sometimes</i>	<i>Usually</i>
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 the room.			
5	Because of panic, I've had to 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.			
<i>Mental Symptoms of Test Anxiety</i>				
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 all right.			
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 a test.			
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 left blank or answered incorrectly.			

*** If you checked *sometimes* or *usually* ten or more times you may experience test anxiety. You may want to seek an appointment with a counselor workshop dealing with overcoming test anxiety.