

## Test Anxiety Scale

How much test anxiety do you have? Answer the following questions with a check under the appropriate column. Count the number checks in the True and False columns and total them in the last row.

True	False	
		While taking an important exam, I find myself thinking of how much brighter the other students are than I am.
		If I were to take an intelligence test, I would worry a great deal before taking it.
		If I knew I was going to take an intelligence test, I would feel confident and relaxed.
		While taking an important exam, I perspire a great deal.
		During class examinations, I find myself thinking of things unrelated to the actual course material.
		I get to feeling very panicky when I have to take a surprise exam.
		During a test, I find myself thinking of the consequences of failing.
		After important tests, I am frequently so tense my stomach gets upset.
		I freeze up on things like intelligence tests and final exams.
		Getting good grades on one test doesn't seem to increase my confidence on the second.
		I sometimes feel my heart beating very fast during important exams.
		After taking a test, I always feel I could have done better than I actually did.
		I usually get depressed after taking a test.
		I have an uneasy, upset feeling before taking a final examination.
		When taking a test, my emotional feelings do not interfere with my performance.
		During a course examination, I frequently get so nervous that I forget facts I really know. I seem to defeat myself while working on important tests.
		The harder I work at taking a test or studying for one, the more confused I get.
		As soon as an exam is over, I try to stop worrying about it, but I just can't.
		During exams, I sometimes wonder if I'll ever get through school.
		I would rather write a paper than take an examination for my grade in a course.

True	False	
		I wish examinations did not bother me so much.
		I think I could do much better on tests if I could take them alone and not feel pressured by time limits.
		Thinking about the grade I may get in a course interferes with my studying and performance on tests.
		If examinations could be done away with, I think I would actually learn more.
		On exams I take the attitude, "If I don't know it now, there's no point in worrying about it."
		I really don't see why some people get so upset about tests.
		Thoughts of doing poorly interfere with my performance on tests.
		I don't study any harder for final exams than for the rest of my coursework.
		Even when I'm well prepared for a test, I feel very anxious about it.
		I don't enjoy eating before an important test.
		Before an important examination, I find my hands or arms trembling.
		I seldom feel the need for "cramming" before an exam.
		The college should recognize that some students are more nervous than others about tests and that this affects their performance.
		It seems to me that examination periods should not be made such intense situations.
		I started feeling very uneasy just before getting a test paper back.
		I dread courses where the instructor has the habit of giving "pop" quizzes.
		Total of True's and False's

Test Anxiety Scale adapted from Sarason, I.G. (1980), *Test Anxiety: Theory, Research, and Applications*.

Scoring the Test Anxiety Scale is very easy. The total number of "True" checks is your test anxiety score. A score of 12 or below ranks in the low-test anxiety range. If that is your score, the chances are you wouldn't be looking at this book. A score of 12 to 20 ranks in the medium range. Any score above 20 signifies high-test anxiety. Scoring 15 or greater is a good indication you experience considerable discomfort about taking tests. A high-test anxiety score is not cause for alarm. Scoring in the medium to high range simply means that you would benefit from developing some strategies to help you cope with stress anxiety. You can overcome excessive anxiety.

You may find some techniques and strategies produce dramatic results. More often, changing the way you respond to pressure and stress will take time. Deep and lasting change very rarely happens instantly.