

# TEST ANXIETY

*Please respond to the following questions. Award yourself 2 points for every "yes" answer, 1 point for every "sometimes" answer, and 0 points for every "no" answer. Add up your total number of points and see what that means for you.*

**When answering the following questions, think about a course in which you are preparing to have an exam.**

I have taken organized and thorough class notes for this course. \_\_\_\_\_

I have kept up with my readings. \_\_\_\_\_

I have made study guides for this class. \_\_\_\_\_

I know in advance what kinds of questions are going to be on this exam. \_\_\_\_\_

I know how to study for essay tests versus objective tests (multiple choice or true-false). \_\_\_\_\_

I begin studying at least five days in advance of the exam. \_\_\_\_\_

I make up potential test questions and quiz myself as a means of preparation for the test. \_\_\_\_\_

I believe that I am capable of doing well in this class. \_\_\_\_\_

I will get a good night's sleep and not cram for this test. \_\_\_\_\_

I am trying to learn by understanding instead of only learning by memorization. \_\_\_\_\_

**Total Points**

## So what does it all mean?

### 15-20 Total Points

You probably have a very low level of test anxiety. Preparation is the key. A student who spends a significant amount of time preparing and learning the material will be able to sustain a low level of anxiety. If you feel stressed out - don't! You are doing the right things for testing success.

### 10-14 Total Points

You probably have a moderate level of test anxiety, which may be dependent upon the subject matter of the course. Your problem is that you are not consistent with the behaviors that will help you lower your level of anxiety so you may succeed. If you don't find the subject matter interesting, find ways to motivate yourself to be consistent and diligent with the positive behaviors listed above. If you find the material too challenging, find others with whom to study who have an understanding of the material (or get help from the professor). Work to turn all of your responses into "yes" for the above questions.

### 0-9 Total Points

You may have a fairly high level of test anxiety that could be caused by a number of problems. Preparedness and consistency are probably issues for you. Following through with the behaviors listed above will surely bring you some success, so find ways to motivate yourself to be consistent. If you find the subject matter to be too complicated, try visiting with the professor or forming a study group with students who seem to have a thorough understanding. Getting together with other confused students is not the answer - all of you will just end up feeling frustrated and less confident. Work to turn all of your responses into "yes" for the above questions.