

TEST ANXIETY QUIZ

Read each statement, checking those that apply before and / or during an examination.

DO YOU . . .

- get nervous before and/or during an exam?
- find it difficult keeping your “jitters” under control?
- develop a queasy stomach and / or cold, clammy hands?
- sometimes hyperventilate, feeling faint or light-headed?
- often find that the test—at first glance—appears “foreign” or unfamiliar?
- consider yourself a “sensitive” person when it comes to other aspects of life?
- have poor or personally unacceptable study habits?
- often “blank out” on examinations, exhibiting minimal recall?
- have a personal history of failure on test?
- worry excessively about the prospect of failure and its consequences?
- have excessive pressure to succeed either from self or from other sources?
- often compete with peers, family members and / or friends for grades?
- experience test “panic” because of the realization you are unprepared?
- fear having to maintain the “burden” of success?
- have “pressing” concerns / problems that occupy your mind?

TEST ANXIETY QUIZ SCORE INTERPRETATION

You may be encountering this degree of “test anxiety” if you checked . . .

- 12 or more —SEVERE**
- 8 to 11 — MODERATE**
- 4 to 7 — MILD**
- 3 TO 0 — INSIGNIFICANT**

If your score reflects “symptoms” of debilitating test anxiety, Counseling Services can help.

FOR ADDITIONAL ON-LINE ASSISTANCE, CHECK OUT THIS WEB SITE

<http://www.ucc.vt.edu/stdyhelp.html>