



Text Anxiety Questionnaire

Never 1 Rarely 2 Sometimes 3 Often 4 Always 5

- ___ I have visible signs of nervousness such as sweaty palms, shaky hands, and so on right before a test.
- ___ I have "butterflies" in my stomach before a test.
- ___ I feel nauseated before a test.
- ___ I read through the test and feel that I do not know any of the answers.
- ___ I panic before and during a test.
- ___ My mind goes blank during a test.
- ___ I remember the information that I blanked on once I get out of the testing situation.
- ___ I have trouble sleeping the night before a test.
- ___ I make mistakes on easy questions or put answers in the wrong places.
- ___ I have difficulty choosing answers.
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Now add up your score on all the statements. Scores will range from 10 to 50.

10-19 points: You do not suffer from test anxiety. In fact, if your score was extremely low (close to 10), a little more anxiety may be healthy to keep you focused and to get your blood flowing during exams.

20-35 points: Although you exhibit some of the characteristics of test anxiety, the level of stress and tension is probably healthy.

Over 35: You are experiencing an unhealthy level of test anxiety.