APPENDIX A: BRIEF TEST ANXIETY INDICATOR

Please use the scale below to answer the Indicator items. Be completely honest with your responses. Answer every item.

1 = Never    2 = Seldom    3 = Occasionally    4 = Often

1. Before a test, I think to myself "I'm going to flunk."
2. The thought of taking a test causes my heart to pound, palms to sweat, or mouth to go dry.
3. I worry about what significant people in my life will think if I do poorly on a test.
4. People who know me say that I get too uptight before a test.
5. I think of myself as "stupid" when I don't know an answer on an exam.
6. When it comes to tests, I hope for the best but expect the worst.
7. It seems that I make simple mistakes on my answers.
8. I get stuck on some questions and can't seem to easily move on to other items.
9. After an exam I find it difficult to relax.
10. My self-esteem goes up and down depending on my test results.

Add the total number of points. Your score will lie between 10 and 40. See where your score falls to determine the level of your anxiety about tests:

1. My Score is between 11 and 20: You demonstrate Low Test Anxiety (very little anxiety).
2. My Score is between 21 and 29: You demonstrate Average Test Anxiety. You may be anxious and experience discomfort but it does not significantly interfere with your performance.
3. My Score is between 30 and 40: You demonstrate High Test Anxiety. You tend to worry a great deal and think negatively; you are self-critical; and think test-taking is an ordeal.