

**APPENDIX B****TEST ANXIETY EFFECTS CHECKLIST**

Which of the following anxiety effects do you experience before or during an exam?

**ATTENTION & CONCENTRATION DIFFICULTIES**

- mind wanders
- unable to concentrate
- pay too much attention to one part of test or a minor detail
- make careless mistakes, i.e.
  - ✗ lose place on answer sheet
  - ✗ fail to check work completely
  - ✗ misread question
  - ✗ unintentionally skipping a question

**MEMORY PROBLEMS**

- can't easily remember material that is well learned
- mind goes blank

**INFLEXIBLE OR DISORGANIZED PROBLEM SOLVING**

- jumping around on test questions
- staying on one question an excessive amount of time
- plunge into exam; don't read directions carefully
- begin to read or answer a question, but don't finish it



## RESTLESSNESS OR NERVOUS ENGERY

- pacing
- tapping foot
- speaking quickly or rapidly
- drumming pencil or pen on desk or writing surface

## AVOIDANCE & ESCAPE

- skip class on day of exam
- postpone or otherwise delay taking exam
- drop the class
- give up and turn in test early
- change academic major

