

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.
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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.