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 to keep 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 exams, exhibiting minimal recall?
_____ Have a personal history of failure on tests?
_____ 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 that 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 8 – mild
0 to 3 – slight

If your score reflects symptoms of debilitating test anxiety, Counseling Services can help.
(478) 445-5331 / 210 Wellness and Recreation Center

Source: www.ucc.vt.edu/stdyhlp.html