

## 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](http://www.ucc.vt.edu/stdyhlp.html)