

Test Anxiety Quiz



Think about a course in which you are preparing to have an exam very soon and then respond to the following questions. Award yourself **2** points for every “yes” answer, and **1** point for every “sometimes” answer and **0** points for every “no” answer. Add up your total number of points to see what that means for you.

- I have taken organized and thorough class notes for this course.** _____
- I have kept up with my readings.** _____
- I have made study guides for this class.** _____
- I know in advance what kinds of questions are going to be on this exam.** _____
- I know how to study for essay tests vs. objective tests (multiple choice or true-false)** _____
- I begin studying at least 5 days in advance of the exam.** _____
- I make up potential test questions and quiz myself in preparation for the test.** _____
- I believe that I am capable of doing well in this class.** _____
- I will get a good night sleep and not cram for this test.** _____
- I am trying to learn by understanding instead of only learning by memorization.** _____

- TOTAL POINTS** _____

So what does it all mean?

15-20 Total Points – You probably have a very low level of test anxiety. Preparation is the key. A student who spends a significant amount of time preparing and learning by understanding the material will be able to sustain a low level of anxiety. If you feel stressed out – don’t! You are doing the right things for testing success.

10-15 Total Points – You probably have a moderate level of test anxiety, which may be dependent upon the subject matter of the course. Your problem is that you are not consistent with the behaviors that will help you lower your level of anxiety and succeed. If you don’t find the subject matter interesting, find ways to motivate yourself to be consistent and diligent with the positive behaviors listed above. If you find the material to be too challenging, find others who have an understanding to study with in order to help you understand the material better (or get help from the professor). Work to turn all of your responses into “yes” for the above questions.

0 – 10 Total Points – You may have a fairly high level of test anxiety that could be caused by a number of problems. Preparedness and consistency are probably issues for you. Consistently following through with the behaviors listed above will surely bring you some success, so find ways to motivate yourself to be consistent. If you find the subject matter to be too complicated, try visiting with the professor or forming a study group with students who seem to have an understanding. Getting together with other confused students is not the answer – all of you will just end up feeling frustrated and less confident. Work to turn all of your responses into “yes” for the above questions.

Past failures can shake one’s confidence and cause test anxiety. A few successes and an effort to engage in healthy study habits will build your confidence back up and decrease your anxiety. If these tips do not help you with your anxiety, consider contacting the Counseling Center for additional assistance.