

Test Anxiety Self Assessment



By: The Creative Counselor

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Test Anxiety Self-Assessment

Name: _____ Date: _____

Do you get nervous and fearful just before a test? — Yes — No

Read each statement and put a "Y" for Yes, and a "N" for No.

- ___ I don't know enough
- ___ I haven't studied or prepared
- ___ I'm afraid of embarrassing myself
- ___ I just panic even though I usually make good grades in school
- ___ I always worry about things
- ___ I am afraid of disappointing others

So, how anxious are you? Put a number in each blank:

1 for never, 2 for sometimes, or 3 for often

- ___ Before a test, I have sweaty palms, shaky hands, or other visible signs of nervousness.
- ___ I get butterflies in my stomach before a test.
- ___ I feel queasy or sick to my stomach before a test.
- ___ I look at the test and feel that I don't know any of the answers.
- ___ During a test, my mind goes blank and I forget things.
- ___ I have trouble sleeping well the night before a test.
- ___ I make careless mistakes like skipping questions.
- ___ I have difficulty choosing answers.
- ___ I remember the answers after the test is over.
- ___ I panic at the thought of taking a test.
- ___ TOTAL

Add up your score.

10-15: You do not suffer from test anxiety. In fact, if your score was close to 10, a little more anxiety may be helpful to keep you focused and get your blood flowing during at test.

16-21: You have a normal level of test anxiety.

22-30: Suggests that you have a high level of test anxiety. You may need some help with test taking.

Anxiety Tips & Tricks

Expect some anxiety

It's a reminder that you want to do your best and can provide energy-
Just keep it manageable.
Realize that anxiety can be a "habit" and that it takes practice to use it as a
tool to succeed.

Before the Test

Visualize yourself being successful.
Remind yourself about a time you got a good grade on a test.
Say to yourself: "I have what it takes."
Avoid cramming right before the test.
Use time wisely and prepare in a timely manner.

During the test

Don't think about the fear.
Pause: think about the next step and keep on task, step by step.
Don't panic when students start handing in their papers.
Remember, there's no reward for finishing first.
Acknowledge that you have done, and are doing your best.
Maintain good posture.

Relax: You are in control

Stretching- arms, neck & back
1- 5 deep breath (in nose; out mouth)
Close eyes or zone out for a minute to reset and relax
Imagine a safe place
Say positive things to yourself

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Test Anxiety Reference:

Nist and Diehl (1990), and the Center for Advancement of Learning, Muskingum College

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