

# Do You Have Test Anxiety?

Test anxiety can create major roadblocks in a student's academic success. Identifying whether you have it can help you find solutions to overcoming the symptoms and therefore help you reach a greater level of academic enjoyment and success. Take the following questionnaire to see if you may suffer from test anxiety.

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| 1. I sometimes have trouble sleeping the night before a test.  | Yes | No |
| 2. During a test my palms frequently sweat.  | Yes | No |
| 3. Before a test, I often get a headache.  | Yes | No |
| 4. During a test, I often get nauseated.   | Yes | No |
| 5. Because of panic, I sometimes leave class on a test day.  | Yes | No |
| 6. I often have pains in my neck, back or legs during a test.  | Yes | No |
| 7. My heart sometimes pounds just before or after a test.  | Yes | No |
| 8. I often feel nervous and jittery when I am taking a test.   | Yes | No |
| 9. While testing, my mind often goes blank, even when I am prepared.                                       | Yes | No |
| 10. I sometimes lose my appetite before a test.  | Yes | No |
| 11. I often make careless errors on tests.   | Yes | No |
| 12. I frequently worry when other students finish a test before me.  | Yes | No |
| 13. I often feel pushed for time when I am taking a test.  | Yes | No |
| 14. I sometimes worry that everyone is doing okay on the test but me.                                      | Yes | No |
| 15. When I am taking a test I sometimes think of my past failures.   | Yes | No |
| 16. During a test, I often feel as if I studied all of the wrong things.                                   | Yes | No |
| 17. I frequently have trouble thinking clearly during tests.   | Yes | No |
| 18. I often have a hard time understanding directions on tests.  | Yes | No |
| 19. After a test, it is not uncommon for answers that I left blank or I did not answer to come to my mind. | Yes | No |

If you circled "Yes" ten or more times to any of these questions, you are most likely experiencing test anxiety. You may want to consider seeing a personal counselor for tips on how to relieve your symptoms. To make an appointment with a personal counselor on our Shasta College campus call (530) 242-7580 or come by the Student Health & Wellness office in the Student Center Building, Room 2020.