

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 checked "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 SBCC campus call 965-0581x2298 or come by the Health and Wellness office in the Student Services Building, Room SS-170.

For more information see: Identifying Test Anxiety: A guide for SBCC students.

Other web links:

www.campusblues.com/ A user friendly guide for college student's emotional health