



RICHLAND COMMUNITY COLLEGE
Teaching and Learning Support Services
Learning Accommodation Services

Test Anxiety Scale

Answer true or false to the following questions.

1. T F While taking an important exam, I find myself thinking of how much brighter the other students are than I am.
 2. T F If I were to take an intelligence test, I would worry a great deal before taking it.
 3. T F If I knew I was going to take an intelligence test, I would feel confident and relaxed.
 4. T F While taking an important examination, I perspire a great deal.
 5. T F During class examinations, I feel myself thinking of things unrelated to the actual course material.
 6. T F I get to feeling very panicky when I have to take a surprise exam.
 7. T F During a test, I find myself thinking of the consequences of failing.
 8. T F After important test, I am frequently so tense my stomach gets upset.
 9. T F I freeze up on things like intelligence tests and final exams.
 10. T F Getting good grades on one test does not seem to increase my confidence on the second.
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11. T F I sometimes feel my heart beating very fast during important exams.
 12. T F After taking a test, I always feel I could have done better than I actually did.
 13. T F I usually get depressed after taking a test.
 14. T F I have an uneasy, upset feeling before taking a final examination.
 15. T F When taking a test, my emotional feelings do not interfere with my performance.
 16. T F During a course examination, I frequently get so nervous that I forget facts I really know.
 17. T F I seem to defeat myself while working on important tests.
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