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.

1. I sometimes have trouble sleeping the night before a test.  
2. During a test my palms frequently sweat.  
3. Before a test, I often get a headache.  
4. During a test, I often get nauseated.  
5. Because of panic, I sometimes leave class on a test day.  
6. I often have pains in my neck, back or legs during a test.  
7. My heart sometimes pounds just before or after a test.  
8. I often feel nervous and jittery when I am taking a test.  
9. While testing, my mind often goes blank, even when I am prepared.  
10. I sometimes lose my appetite before a test.  
11. I often make careless errors on tests.  
12. I frequently worry when other students finish a test before me.  
13. I often feel pushed for time when I am taking a test.  
14. I sometimes worry that everyone is doing okay on the test but me.  
15. When I am taking a test I sometimes think of my past failures.  
16. During a test, I often feel as if I studied all of the wrong things.  
17. I frequently have trouble thinking clearly during tests.  
18. I often have a hard time understanding directions on tests.  
19. After a test, it is not uncommon for answers that I left blank or I did not answer to come to my mind.

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