

Test Anxiety Questionnaire

1. What kinds of things happen in your body while you are taking a test?

2. How is your breathing?

3. How does your stomach feel?

4. How does your head feel?

5. Are you able to study the night before a test? _____

6. How nervous do you feel when starting at test?

7. Does the level of nervousness change and you progress through the test? How?

8. Does your mind ever just go blank before or during a test? _____

9. Even when you have studied a lot, do you still get nervous? _____

10. Do you sometimes get stuck on a question or problem and can't go on?

11. Do you have trouble finishing tests? _____

12. Does the subject matter of the test make a difference in your feelings while you are taking the test?

13. What kind of things do you think about when you are taking a test?

14. What thoughts go through your mind?
