

## Measure Your Test-Taking Style

Do you feel anxious at the very thought of a test, or are you cool and calm in the face of testing situations? Get a sense of our test-taking style by **checking off** every statement below that applies to you.

- 🍏 1. The closer a test date approaches, the more nervous I get.
- 🍏 2. I am sometimes unable to sleep on the night before a test.
- 🍏 3. I have “frozen up” during a test, finding myself unable to think or respond.
- 🍏 4. I can feel my hands shaking as I pick up my pencil to begin a test.
- 🍏 5. The minute I read a tough test question, all the facts I ever knew about the subject abandon me and I can’t get them back no matter how hard I try.
- 🍏 6. I have become physically ill before or during a test.
- 🍏 7. Nervousness prevents me from studying immediately before a test.
- 🍏 8. I often dream about an upcoming test.
- 🍏 9. Even if I successfully answer a number of questions, my anxiety stays with me throughout the test.
- 🍏 10. I’m reluctant to turn in my test paper for fear that I can do better if I continue to work on it.

If you checked off more than four statements, you have experienced fairly serious test anxiety. If you checked off more than six statements, your anxiety is probable interfering with your test performance. In particular, statements 3, 5, 6, 7 and 10 may indicate serious test anxiety.

If, based on your responses to this questionnaire and your previous experience, your level of test anxiety is high, what are some of the steps described in this chapter that might be helpful to you?