

Test Anxiety Inventory

Directions: Read each item below to see if it reflects your experience in test taking. If it does, choose 'Yes' next to the statement. Check as many as seem fitting. Be honest with yourself.

- | | Yes (reflects my experience) | No (does not apply to me) |
|--|------------------------------|---------------------------|
| 1) I wish there were some way to succeed without taking tests. | <input type="radio"/> | <input type="radio"/> |
| 2) Getting a good score on one test does not seem to increase my confidence on other tests. | <input type="radio"/> | <input type="radio"/> |
| 3) People (family, friends, etc.) are counting on me to do well. | <input type="radio"/> | <input type="radio"/> |
| 4) During a test, I sometimes find myself having trains of thought that have nothing to do with the test. | <input type="radio"/> | <input type="radio"/> |
| 5) I do not enjoy eating before or after an important test. | <input type="radio"/> | <input type="radio"/> |
| 6) I have always dreaded courses in which the teacher has the habit of giving pop quizzes. | <input type="radio"/> | <input type="radio"/> |
| 7) It seems to me that test sessions should not be made the formal, tense situations they are. | <input type="radio"/> | <input type="radio"/> |
| 8) People who do well on tests generally end up in better positions in life. | <input type="radio"/> | <input type="radio"/> |
| 9) Before or during an important exam, I find myself thinking about how much brighter some of the other test-takers are. | <input type="radio"/> | <input type="radio"/> |
| 10) Even though I don't always think about it, I am concerned about how others will view me if I do poorly. | <input type="radio"/> | <input type="radio"/> |
| 11) Worrying about how well I will do interferes with my preparation and performance on tests. | <input type="radio"/> | <input type="radio"/> |
| 12) Having to face an important test disturbs my sleep. | <input type="radio"/> | <input type="radio"/> |
| 13) | | |

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| I cannot stand to have people walking around watching me while I take a test. | <input type="radio"/> | <input type="radio"/> |
| 14) If exams could be done away with, I think I would actually learn more from my courses. | <input type="radio"/> | <input type="radio"/> |
| 15) Knowing that my future depends in part on doing well on tests upsets me. | <input type="radio"/> | <input type="radio"/> |
| 16) I know I could outscore most people if I could just get myself together. | <input type="radio"/> | <input type="radio"/> |
| 17) People will question my ability if I do poorly. | <input type="radio"/> | <input type="radio"/> |
| 18) I never seem to be fully prepared to take tests. | <input type="radio"/> | <input type="radio"/> |
| 19) I cannot relax physically before a test. | <input type="radio"/> | <input type="radio"/> |
| 20) I mentally freeze up on important tests. | <input type="radio"/> | <input type="radio"/> |
| 21) Room noises (from lights, heating/cooling systems, other test-takers) bother me. | <input type="radio"/> | <input type="radio"/> |
| 22) I have a hollow, uneasy feeling before taking a test. | <input type="radio"/> | <input type="radio"/> |
| 23) Tests make me wonder if I will ever reach my goals. | <input type="radio"/> | <input type="radio"/> |
| 24) Tests do not really show how much a person knows. | <input type="radio"/> | <input type="radio"/> |
| 25) If I score low, I am not going to tell anyone exactly what my score was. | <input type="radio"/> | <input type="radio"/> |
| 26) I often feel the need to cram before a test. | <input type="radio"/> | <input type="radio"/> |
| 27) My stomach becomes upset before important tests. | <input type="radio"/> | <input type="radio"/> |
| 28) I sometimes seem to defeat myself (think negative thoughts) while working on an important test. | <input type="radio"/> | <input type="radio"/> |
| 29) I start feeling very anxious or uneasy just before getting test results. | <input type="radio"/> | <input type="radio"/> |
| 30) | | |

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| I wish I could get into a vocation that does not require tests for entrance. | <input type="radio"/> | <input type="radio"/> |
| 31) If I do not do well on a test, I guess it will mean I am not as smart as I thought I was. | <input type="radio"/> | <input type="radio"/> |
| 32) If my score is low, my parents will be very disappointed. | <input type="radio"/> | <input type="radio"/> |
| 33) My anxiety about tests makes me want to avoid preparing fully, and this just makes me more anxious. | <input type="radio"/> | <input type="radio"/> |
| 34) I often find my fingers tapping or my legs jiggling while taking a test. | <input type="radio"/> | <input type="radio"/> |
| 35) After taking a test, I often feel I could have done better than I actually did. | <input type="radio"/> | <input type="radio"/> |
| 36) When taking a test, my emotional feelings interfere with my concentration. | <input type="radio"/> | <input type="radio"/> |
| 37) The harder I work on some test items, the more confused I get. | <input type="radio"/> | <input type="radio"/> |
| 38) Aside from what others may think of me, I am concerned about my own opinion of myself if I do poorly. | <input type="radio"/> | <input type="radio"/> |
| 39) My muscles tense up in certain areas of my body when I take a test. | <input type="radio"/> | <input type="radio"/> |
| 40) I do not feel confident and mentally relaxed before a test. | <input type="radio"/> | <input type="radio"/> |
| 41) My friends will be disappointed in me if my score is low. | <input type="radio"/> | <input type="radio"/> |
| 42) One of my problems is not knowing exactly when I am prepared for a test. | <input type="radio"/> | <input type="radio"/> |
| 43) I often feel physically panicky when I have to take a really important test. | <input type="radio"/> | <input type="radio"/> |
| 44) | | |

I wish teachers understood that some people are more nervous than others when taking tests, and that this could be taken into account when test answers are evaluated.

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45) I would rather write a paper than take a test for a grade.

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46) I am going to find out how others did before I announce my score.

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47) Some people I know will be amused if I score low, and this bothers me.

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48) I think I could do much better on tests if I could take them alone and/or not feel pressured by a time limit.

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49) My test performance is directly connected to my future success and security.

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50) During tests, I sometimes get so nervous that I forget facts I really know.

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