

Name:

Date:

Presentation/Module: *Handling Difficult Math Situations*

Handout: *Do You Have Math Anxiety?*

Directions: Complete the following self-test on mathematics anxiety. Rate your answers from 1 to 5 and enter them in the response box. Add them up and check your score below.

(1) = Disagree, (2) = Somewhat Disagree, (3) = Neutral, (4) = Somewhat Agree, (5) = Agree.

Response

- |   |           |
|---|-----------|
| 1. I cringe when I have to go to math class.  | 1 2 3 4 5 |
| 2. I am uneasy about going to the board in a math class.                            | 1 2 3 4 5 |
| 3. I am afraid to ask questions in math class.                                      | 1 2 3 4 5 |
| 4. I am always worried about being called on in math class.                         | 1 2 3 4 5 |
| 5. I understand math now, but I worry that it's going to get really difficult soon. | 1 2 3 4 5 |
| 6. I tend to zone out in math class.  | 1 2 3 4 5 |
| 7. I fear math tests more than any other kind.                                      | 1 2 3 4 5 |
| 8. I don't know how to study for math tests.  | 1 2 3 4 5 |
| 9. It's clear to me in math class, but when I go home it's like I was never there.  | 1 2 3 4 5 |
| 10. I'm afraid I won't be able to keep up with the rest of the class.               | 1 2 3 4 5 |

Enter your total score:

40-50 = No doubt! You have math anxiety.

30-39 = You're still fearful about math.

20-29 = On the fence!

10-19 = Wow! Loose as a goose!