

Test Anxiety and Preparation Assessment

Occasion	Range of Concern				Plan
	Not At All	A Little	Much	Very Much	
1. Hearing the announcement of a coming test.					
2. Studying for a test the night before.					
3. Being asked by someone if I am ready for the exam.					
4. Remembering my past reactions while preparing for another test.					
5. On the first day of the course, hearing the dates of the midterm and final examinations.					
6. Thinking about the exam <u>one week</u> before.					
7. Waiting for a test to be handed out.					
8. Waiting to enter the room where a test is to be given.					
9. Discussing the course content with fellow students.					
10. Thinking about an upcoming exam <u>one hour</u> before its scheduled time.					
11. Looking at the clock to see how much time remains on the exam.					
12. Seeing the number of questions that needs to be answered.					
13. Reading the first question on an exam.					
14. Seeing a test question and not being sure of the answer.					
15. Turning my completed test paper in.					

16. Re-reading the answers I gave on the test, before turning it in.					
17. Being the first one to finish an exam and turn it in.					
18. Being the last one to finish an exam and turn it in.					
19. Having a test returned.					
20. Waiting to see my letter grade.					
21. Afterwards listening to answers my friends selected.					
22. Discovering I need an A or B on the final exam to maintain the grade point average necessary to remain in school.					