TEST THOUGHTS QUESTIONNAIRE

The following is a list of thoughts you might have had while you were working on a math test. Please indicate about how often each thought occurred to you (on a typical math test) by placing the appropriate number in the blank on the left side of each question.

1 – never
2 – once
3 – a few times
4 – often
5 – very often

1. I thought about how much I didn’t understand.
2. I wondered what the teacher would think when grading my test.
3. I thought about how I needed to work more carefully.
4. I thought about how much more time I had to work on the test.
5. I thought about how the other students were doing on this test.
6. I thought about how hard the problems were.
7. I thought about how I usually do on math tests.
8. I thought about why I was taking this test.
9. I thought about how I would feel when I got the test back graded.
10. I thought about how many problems I didn’t know how to do.
11. I thought about things that had nothing to do with the test.

Math!: A Four Letter Word (A Video) by A. Sembera and M. Hovis
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0 – 22  Great! You are able to keep your thoughts centered on the test problems!

23 – 40  Pretty good! You need to practice keeping your thoughts a little more focused on the test.

41 – 55  You have test anxiety. You have many thoughts that keep you from concentrating on the test, and need some help to deal with this.