

Westside Test Anxiety Scale

Rate how true each of the following is of you, from extremely or always true, to not at all or never true. Use the following 5 point scale.

5	4	3	2	1
Extremely or always true	Highly or usually true	Moderately or sometimes true	Slightly or seldom true	Not at all or never true

- ___ 1) The closer I am to a major exam, the harder it is for me to concentrate on the material.
- ___ 2) When I study, I worry that I will not remember the material on the exam.
- ___ 3) During important exams, I think that I am doing awful or that I may fail.
- ___ 4) I lose focus on important exams, and I cannot remember material that I knew before the exam.
- ___ 5) I finally remember the answer to exam questions after the exam is already over.
- ___ 6) I worry so much before a major exam that I am too worn out to do my best on the exam.
- ___ 7) I feel out of sorts or not really myself when I take important exams.
- ___ 8) I find that my mind sometimes wanders when I am taking important exams.
- ___ 9) After an exam, I worry about whether I did well enough.
- ___ 10) I struggle with writing assignments, or avoid them as long as I can. I feel that whatever I do will not be good enough.

_____ Sum of the 10 questions

_____ Divide the sum by 10.

This is your Test Anxiety score.

What does your test anxiety score mean?

1.0—1.9 Comfortably low test anxiety

2.0—2.5 Normal or average test anxiety

2.5—2.9 High normal test anxiety

3.0—3.4 Moderately high (some items rated 4=high)

3.5—3.9 High test anxiety (half or more of the items rated 4=high)

4.0—5.0 Extremely high anxiety (items rated 4=high and 5=extreme)