

# Appendix A: 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.

<b>5</b> <b>extremely</b> <b>or always</b> <b>true</b>	<b>4</b> <b>Highly or</b> <b>usually</b> <b>true</b>	<b>3</b> <b>moderately</b> <b>or sometimes</b> <b>true</b>	<b>2</b> <b>slightly</b> <b>or seldom</b> <b>true</b>	<b>1</b> <b>not at all</b> <b>or never</b> <b>true</b>
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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 uestions 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 you 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)