

Do You Have Math Anxiety? A Self Test

Rate your answers from 1 to 5 where 1 means you strongly disagree and 5 means you strongly agree. Add them up and check your score below.

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**

CHECK YOUR SCORE:

Add up all your answers. The closer you are to 50, the more anxious you are. Try some of the tips below to help make your math class more productive and less stressful.

Ten Tips To Reduce Math Anxiety

1. Overcome negative self-talk.
2. Ask questions.
3. Consider math a foreign language -- it must be practiced.
4. Don't rely on memorization to study mathematics.
5. READ your math text.
6. Study math according to YOUR LEARNING STYLE.
7. Get help the same day you don't understand.
8. Be relaxed and comfortable while studying math.
9. "TALK" mathematics.
10. Develop responsibility for your own successes and failures.

amended from original source: <http://www.mathpower.com/anxtest.htm>