



Tel: 020 8468 1026

**Cognitive Therapy London**

*Professional, Confidential Counselling*

## Test Anxiety

### 1. What class(es) do you tend to stress over the most?

Maths

Selected Science class

English

Selected foreign language

Other (please specify)

### 2. Do you feel a certain way when getting ready to take a test?

I feel nauseated

I feel like I am about to have a panic attack

I feel a rapid heartbeat

I have a headache

I feel a shortness of breath

Other (please specify)

### 3. What type of preparation do you take before taking a test?

I study every night for a certain amount of time

I rewrite my notes or create flashcards

I only study a day or two before the test

I look at my book or notes right before the test is given

Other (please specify)



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**4. Does your mind go blank after receiving the test?**

Yes

No

Other (please specify)

**5. If you study for a test, do you still feel stressed or feel anxiety?**

Yes

No

It depends on the class

Other (please specify)

**6. Before a test, do you think "I'm going to flunk"?**

Yes

No

Other (please specify)

**7. Do you make simple mistakes on your tests?**

Yes

No

Sometimes

Other (please specify)



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**8. Does your self-esteem go up or down after receiving your test results?**

Yes

No

Stays the same

Other (please specify)

**9. When it comes to tests, do you hope for the best but expect the worse?**

Yes

No

It depends

Other (please specify)

**10. After a test is over, can you relax at all?**

Yes

No

In the middle

Other (please specify)