

## Check Your Math Anxiety

Rate your answers from 1 to 5; add them up and check your score below.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1	2	3	4	5

(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:

40-50      Sure thing, you have math anxiety.  
30-39      No doubt! You're still fearful about math.  
20-29      On the fence!  
10-19      Wow! Loose as a goose!

**Total Score:** \_\_\_\_\_