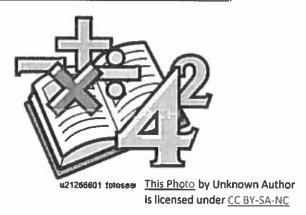
## Math Anxiety Questionnaire

(http://www.mathpower.com/anxtest.htm)



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

(1) = Disagree, (5) = Agree.

- 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

Add up your answers and then turn this page over for scoring information.

## Check your score...

40-50 It is likely that you have math anxiety.

30-39 You are a bit fearful about math.

20-29 On the fence!

10-19 Wow! Loose as a goose!