

# Do You Have Math\* Anxiety?

\*Please note that math can be interpreted to mean any course or assignment/project that has a quantitative requirement (e.g., statistics courses and/or projects requiring data analysis and interpretation).

	Definitely Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Definitely 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

\_\_\_\_\_ **TOTAL SCORE**

## Scoring:

Total the scores from all 10 statements.

**40-50** Extremely high math anxiety

**30-39** High math anxiety

**20-29** Some math anxiety

**10-19** No math anxiety