

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