

Do You Have Math Anxiety?

Math anxiety is an emotional reaction to mathematics based on a past unpleasant experience, which harms future learning.

Note: A good experience in learning mathematics can overcome these past feelings, and success and future achievement in math can be attained.

A Self Test



Score your answers from 1 to 5. ADD them up (without anxiety, if possible!) and check the sum of your scores 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

CHECK THE SUM OF YOUR SCORES:

SUM 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!