

Academic Anxiety Scale

Please complete the following items using the four-point scale below.

1 = Not at all typical of me

2 = Somewhat typical of me

3 = Quite typical of me

4 = Very typical of me

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|----|--|---|---|---|---|
| 1 | I often worry that my best is not as good as expected in school. | 1 | 2 | 3 | 4 |
| 2 | I tend to put off doing school work because it stresses me. | 1 | 2 | 3 | 4 |
| 3 | I often worry that I am not doing assignments properly. | 1 | 2 | 3 | 4 |
| 4 | I am less confident about school than my classmates. | 1 | 2 | 3 | 4 |
| 5 | I have a sense of dread when I am in my classrooms. | 1 | 2 | 3 | 4 |
| 6 | I tend to find my instructors intimidating. | 1 | 2 | 3 | 4 |
| 7 | I spend much of my time at school worrying about what is next. | 1 | 2 | 3 | 4 |
| 8 | There is something about school that scares me. | 1 | 2 | 3 | 4 |
| 9 | I'm concerned about what my classmates think about my abilities. | 1 | 2 | 3 | 4 |
| 10 | I often feel sick when I need to work on a major class assignment. | 1 | 2 | 3 | 4 |
| 11 | I have a hard time handling school responsibilities. | 1 | 2 | 3 | 4 |

Citation Information:

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