

Rutgers Learning Centers

At Camden Campus

MATH ANXIETY INVENTORY

DEVELOPED FOR MATH ANXIETY REDUCTION WORKSHOPS,
SADDLEBACK COLLEGE, MISSION VIEJO, CA 92692

Read each of the following statements. If a statement reflects your experience, place a check mark in the space provided. Check as many as seems fitting.

- 1. I never know whether I am prepared enough when it comes to math.
- 2. I'm not the type to do well in math.
- 3. If I could only do math better, then I would feel better about myself.
- 4. When I have to do math, I feel depressed.
- 5. In math exams, I feel sick to my stomach and/or dizzy.
- 6. When I try to do math, my mind wanders and I think of other things.
- 7. I just can't seem to concentrate on doing math.
- 8. My career depends on math.
- 9. If I can't do well in math, I can never make it in my chosen career.
- 10. People who do well in math are "brains" and usually hard to talk to.
- 11. Having to do math makes me angry.
- 12. I don't ask questions in math classes for fear that I will appear stupid.
- 13. I can do okay in other subjects, but not in math.
- 14. I find myself daydreaming about other things when I try to do math.
- 15. When I go to a math class, I get nervous.
- 16. I don't ask questions in math classes for fear that I will appear too bright to my classmates.
- 17. Tests have always shown me that I have poor ability in math.
- 18. When I take a math test, I panic.
- 19. I am afraid to ask questions in math classes because I am afraid I'll find out how little I really understand.
- 20. I've got to do well in math.
- 21. Men need to succeed in math.
- 22. People like me don't need to know math.
- 23. I don't want others to know what my true math ability is.
- 24. To do well in most professions, I must do well in math.

For more information, visit or call your nearest Rutgers Learning Center, or visit our website:<http://rlc.rutgers.edu>

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- _____ 25. I hate to admit to myself what my true math abilities are.
- _____ 26. No matter how much I study, it seems like I'm unprepared for math exams.
- _____ 27. I have always felt embarrassed in class when other students knew what my math tests scores are.
- _____ 28. I usually put off doing math homework problems until it's too late.
- _____ 29. Deep down, I believe it's unfeminine to be too good in math.
- _____ 30. If I do poorly in math, people will think I'm stupid in other areas too.
- _____ 31. If I can't do well in math, then it probably means I'm really not very smart.
- _____ 32. I can't relax physically before a math class and/or test.
- _____ 33. When I am working on math, I am easily distracted by the smallest things.
- _____ 34. Something always seems to interfere with my preparation for math exams.
- _____ 35. Thinking about having to enroll in a math course makes me scared.
- _____ 36. Math comes easier for other people than for me.
- _____ 37. I should be better in math than I am.
- _____ 38. Women usually don't do well in math.
- _____ 39. I wish I could find an occupation that requires no math.
- _____ 40. I really believe math will always be extra hard for me.
- _____ 41. I don't sleep well the night before a math test.
- _____ 42. When I take a math exam, I usually get the feeling that I studied all the wrong materials.
- _____ 43. I just can't do math.
- _____ 44. When I am in math class, I'm usually nervous and tense.
- _____ 45. If I do poorly on a math test, my teacher will think I'm dumb.
- _____ 46. Strange thoughts keep coming into my head when I try to do math.
- _____ 47. When I get stuck on a math problem, especially a simple math problem, I feel worthless.
- _____ 48. In a math test, I begin perspiring and get very restless.
- _____ 49. When I have to do math, I feel anxious.
- _____ 51. My mind goes blank when working math problems.
- _____ 52. I usually feel like I have to cram just before a math test.
- _____ 53. I know I'm going to have problems in the future because of my poor math skills.
- _____ 54. I'm really slow at math.