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

Camden
Armitage 231
856/225-6442

College Ave
Kreger LRC
732/932-1443

Cook/Douglass
Loree 124
732/932-1660

Livingston
Tillet 111
732/445-0986

Newark
Conklin 126
973/353-5608
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.
50. My mind goes blank when working math problems.
51. I usually feel like I have to cram just before a math test.
52. I know I’m going to have problems in the future because of my poor math skills.
53. I’m really slow at math.