

## Evaluation Apprehension Measure

Directions: This form is composed of statements students have used to describe how they feel in evaluation/examination/test-like situations in their class. After each statement, indicate the number that best describes how you generally feel about taking a test or exam or being in an evaluative situation. There are no right or wrong answers. Work quickly and circle your first impression. Please indicate the degree to which each statement applies to you by marking whether you:

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- \_\_\_\_\_ 1. I feel apprehensive while preparing for a test.
- \_\_\_\_\_ 2. I feel tense when I am studying for a test or exam.
- \_\_\_\_\_ 3. I am calm when I am studying for a test.
- \_\_\_\_\_ 4. I feel peaceful when I am studying for a test.
- \_\_\_\_\_ 5. I feel fear and uneasiness when taking an exam or being evaluated.
- \_\_\_\_\_ 6. I feel self-assured when taking an exam.
- \_\_\_\_\_ 7. I feel fearful when preparing for a test.
- \_\_\_\_\_ 8. I feel ruffled when the test is handed to me.
- \_\_\_\_\_ 9. I am jumpy and nervous while taking a test.
- \_\_\_\_\_ 10. I feel composed and in control while taking an exam.
- \_\_\_\_\_ 11. I am bothered and tense when I am being evaluated.
- \_\_\_\_\_ 12. I feel satisfied when my exam is completed.
- \_\_\_\_\_ 13. I feel safe during evaluative situations.
- \_\_\_\_\_ 14. I feel flustered and confused when I start a test.
- \_\_\_\_\_ 15. I am cheerful after I turn in my test.
- \_\_\_\_\_ 16. I feel happy about how I did in evaluation situations.
- \_\_\_\_\_ 17. I feel dejected and humiliated an hour before an exam.
- \_\_\_\_\_ 18. I feel pleased and comfortable while taking a test.
- \_\_\_\_\_ 19. I feel confident while taking a test.
- \_\_\_\_\_ 20. I feel unhappy throughout an exam period.

SCORING: To compute your scores, add your scores for each item as indicated below:

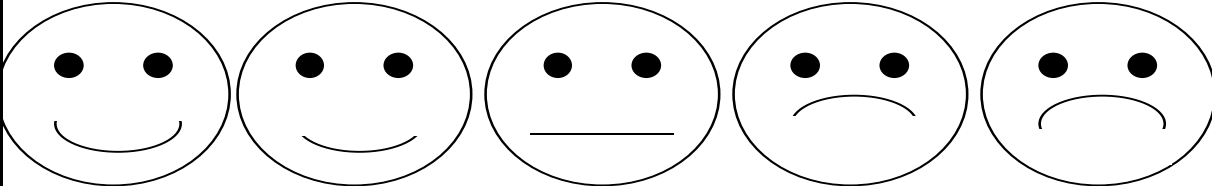
Recode BOLDDED questions with the following format:

1 = 5  
2 = 4  
3 = 3  
4 = 2  
5 = 1

After you have recoded the previous questions, add all of the numbers together to get your composite EAM score.

Score should be between 20 and 100. Scores of 80 and above indicate high test or evaluation apprehension; Scores of 25 and below indicate low test or evaluation apprehension; Scores between 26 and 79 indicate moderate test or evaluation apprehension.

*Directions:* This form is designed for use with students in grades 5 and under. It is intended to measure how your students feel about tests, exams, and evaluative situations. Have each student circle one face as an indicant of how they feel when you are communicating with, or talking with, them.



Like A Lot      Like Some      No Feeling      Dislike Some      Dislike A Lot

Source:

Richmond, V. P., Wrench, J. S., & Gorham, J. (2001). *Communication, affect, and learning in the classroom*. Acton, MA: Tapestry Press.