

Anxiety Checklist for Students

Use this checklist to identify signs of anxiety that may be affecting your academic or personal life. Check all that apply.

- ☐ I have trouble focusing in class or while studying
 - ☐ I feel nervous before tests or presentations, even when I'm prepared
 - ☐ I overthink assignments or tasks and tend to procrastinate
 - ☐ I avoid participating in group activities or discussions
 - ☐ I worry about my grades constantly
 - ☐ I feel overwhelmed by my school workload
 - ☐ I get headaches, stomach aches, or other physical symptoms before school
 - ☐ I struggle to sleep due to racing thoughts about school
 - ☐ I fear making mistakes or being judged by peers or teachers
 - ☐ I feel restless or on edge during the school day
 - ☐ I have trouble starting or completing homework due to stress
 - ☐ I avoid asking teachers for help, even when I need it
 - ☐ I experience panic or intense anxiety in school situations
 - ☐ I feel anxious during unstructured time like lunch or school events
 - ☐ I often imagine worst-case scenarios about school or performance
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Disclaimer: This checklist is for informational purposes only and is not a substitute for professional diagnosis or treatment. If you are struggling with anxiety, consult a licensed mental health professional.

Downloaded from <https://anxietycures.org/>