

SEMA Instructions:

1. Use the first tab of the Math Anxiety (SEMA).xls for a scoring sheet. Administrator should mark the appropriate bubbles for each item as the child is answering.
2. We recommend printing each question item on a separate sheet in a large, legible font.
3. The faces should be shown separately on another piece of paper with the description above the face. For example, "Not nervous at all" should be placed directly above the "Not nervous at all" and so forth. The description and faces should be placed from left to right in increasing order of "nervousness," with "Not nervous at all" on the very left, and "Very, very nervous" on the very right. This piece of paper should be visible and accessible to the child throughout the administration of the SEMA. The administrator should also refer to the faces and their description as he/she is providing the instructions.
4. While administering the measure, the administrator should show the child each question separately WHILE reading the question aloud. The administrator is allowed to repeat each item as many times until the child can provide a level of anxiety.
5. For the first 10 items, if it appears that the child is attempting to answer the problem itself, the administrator should remind the child not to answer the question, but provide how anxious the child would feel if he or she had to answer the question.

6. Scoring:

- We recommend not using the measure if **more than 2** items from each of the 2 SEMA sections is missing

-Scores should be converted as follows:

Not nervous at all = 0

A little nervous = 1

Somewhat nervous = 2

Very nervous = 3

Very, very nervous = 4

-SEMA scores are calculated by summing up the scores across the 20 items for a total score. If items are missing scores, they can be replaced with an average of the other scores. This should not be done for more than 2 items in each section.

Math Anxiety (SEMA) Scoring Sheet

Now I'm going to show you some math questions. I want you to read each question and pretend that you are going to answer it. Then I want you to tell me how nervous answering that question makes you feel. So remember, you don't actually have to answer the questions, but I just want you to pretend you are going to answer them and see how it makes you feel. It could make you feel not nervous AT ALL, a little nervous, somewhat nervous, very nervous, or VERY, VERY nervous. Do you understand? Let's do one together. [child reads practice question and answers]

	Not nervous AT ALL	A little nervous	Somewhat nervous	Very nervous	VERY, VERY nervous
Practice: Who's the President of the United States?	<input type="radio"/>				
1. George bought two pizzas that had six slices each. How many total slices did George have to share with his friends?	<input type="radio"/>				
2. Is this right?: $9 + 7 = 18$	<input type="radio"/>				
3. How much money does Annie have if she has 2 dimes and 4 pennies?	<input type="radio"/>				
4. How do you write the number <i>four hundred and eighty two</i> ?	<input type="radio"/>				
5. Draw an hour and minute hand on a clock so that it would read 3:15 PM.	<input type="radio"/>				

6. Draw a triangle and a square on the board.	<input type="radio"/>				
7. Count aloud by 5s from 10 to 55.	<input type="radio"/>				
8. What time will it be in 20 minutes?	<input type="radio"/>				
9. Is this right?: $15 - 7 = 8$?	<input type="radio"/>				
10. Daisy has more money than Ernie. Ernie has more money than Francesca. Who has more money - Daisy or Francesca?	<input type="radio"/>				

<p>Now I'm going to read you some sentences about situations that have to do with math. Try to pretend each situation is happening and think about how nervous it makes you feel. It could make you feel not nervous AT ALL, a little nervous, somewhat nervous, very nervous, or VERY, VERY nervous. Do you understand? Let's try one. Pretend [read practice sentence]...</p>	<p>Not nervous AT ALL</p>	<p>A little nervous</p>	<p>Somewhat nervous</p>	<p>Very nervous</p>	<p>VERY, VERY nervous</p>
Practice: You're about to ride a roller coaster.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1. You are in math class and your teacher is about to teach something new.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. You have to sit down to start your math homework.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. You are adding up all the money in your piggy bank.	<input type="radio"/>				
4. Someone asked you to cut up an apple pie into four equal parts.	<input type="radio"/>				
5. You are about to take a math test.	<input type="radio"/>				
6. You are in math class and you don't understand something. You ask your teacher to help you.	<input type="radio"/>				
7. Your teacher gives you a bunch of addition problems to work on.	<input type="radio"/>				
8. Your teacher gives you a bunch of subtraction problems to work on.	<input type="radio"/>				
9. You are in class doing a math problem on the board.	<input type="radio"/>				
10. You are listening as your teacher explains to you how to do a math problem.	<input type="radio"/>				



Not nervous
at all



A little
nervous



Somewhat
nervous



Very
nervous



Very, very
nervous

Who's the
President of the
United States?

SEMA Items

George bought two pizzas that had six slices each. How many total slices did George have to share with his friends?

Is this right?:

$$9 + 7 = 18$$

How much money
does Annie have
if she has 2 dimes
and 4 pennies?

How do you write
the number
*four hundred and
eighty two?*

Draw an hour and
minute hand on a
clock so that it
would read
3:15 PM.

Draw
a triangle and
a square
on the board

Count aloud by
5s
from 10 to 55.

What time will it
be in
20 minutes?

Is this right?:

$$15 - 7 = 8?$$

Daisy has more money
than Ernie. Ernie has
more money than
Francesca. Who has
more money?
Daisy or Francesca?

You are about to
ride a
roller coaster.

You are in math
class and your
teacher is about
to teach
something new.

You have to sit
down to start
your
math homework.

You are adding up
all the money in
your piggy bank.

Someone asked
you to cut up an
apple pie into
four equal parts.

You are about to
take a math test.

You are in math class
and you don't
understand
something. You ask
your teacher to
help you.

Your teacher gives
you a bunch of
addition problems
to work on.

You are in class
doing
a math problem
on the board.

You are listening as
your teacher explains
to you
how to do a math
problem.