

**MOONEY ASSESSMENT TEST**  
**AREAS OF CONCERN INVENTORY**

NAME \_\_\_\_\_

DATE \_\_\_\_\_

**DIRECTIONS:**

**THIS IS NOT A TEST!** This is a list of troubling concerns which often face students in high school: problems of health, money, social life, relationships with other people, study habits, selecting school classes and other areas of concern.

**STEP 1:**

Read the list of items carefully, pausing at each item. If this suggests something that is troubling you, then **UNDERLINE** it.

**STEP 2:**

Look back over the items you have underlined and **CIRCLE** the numbers of the items which are of most concern to you.

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- |   |   |
|---|---|
| 1. Feeling tired much of the time           | 21.Nervousness                                    |
| 2. Going into debt for college expenses     | 22.Weak in writing                                |
| 3. Not enough time for recreation           | 23.Purpose in going to college not clear          |
| 4. Losing friends                           | 24.Too many poor teachers                         |
| 5. Taking things too seriously              | 25.Not getting enough exercise                    |
| 6. Forgetting things I've learned in school | 26.Too many financial problems                    |
| 7. Restless at delay in starting life work  | 27.Too little chance to enjoy radio or television |
| 8. College too indifferent to student needs | 28.Having feelings of extreme loneliness          |
| 9. Being underweight                        | 29.Finding it difficult to relax                  |
| 10.Graduation threatened by lack of funds   | 30.Weak in spelling or grammar                    |
| 11.Too little chance to get into sports     | 31.Doubting the value of a college degree         |
| 12.Wanting to be more popular               | 32.Teacher lacking grasp of subject matter        |
| 13.Worrying about unimportant things        | 33.Not getting enough sleep                       |
| 14.Getting low grades                       | 34.Too little money for clothes                   |
| 15.Doubting wisdom of my vocational choice  | 35.Too little time to myself                      |
| 16.Dull classes                             | 36.Being timid or shy                             |
| 17.Being overweight                         | 37.Moodiness, "having the blues"                  |
| 18.Needing money for graduate training      | 38.Slow in reading                                |
| 19.Too little chance to enjoy art or music  | 39.Unable to enter desired vocation               |
| 20.Being left out of things                 | 40.Teachers lacking personality                   |

41. Not as strong and healthy as I should be
42. Receiving too little help from home
43. Not using my leisure time well
44. Being ill at ease with other people
45. Failing in so many thing I try to do
46. Not knowing how to study effectively
47. Enrolled in the wrong curriculum
48. Hard to study in living quarters
49. Allergies (hay fever, asthma, hives, etc.)
50. Having less money than my friends
  
51. Wanting more change for self-expression
52. Having no close friends in college
53. Too easily discouraged
54. Easily distracted from my work
55. Wanting to change to another college
56. Teacher too hard to understand
57. Occasional pressure and pain in my head
58. Managing my finances poorly
59. Missing someone back home
60. Having bad luck
  
61. Not planning my work ahead
62. Wanting part-time experience in my field
63. Textbooks too hard to understand
64. Not getting enough outdoor air and sunshine
65. Needing a part-time job now
66. Sometimes wishing I'd never been born
67. Having a poor background for some subjects
68. Doubting college prepares me for working
69. Inadequate high school training
70. Poor posture
  
71. Needing money for better health care
72. Awkward in meeting people
73. Feelings too easily hurt
74. Unhappy too much of the time
75. Not spending enough time in study
76. Wondering if I'll be successful in life
77. Not having a good college adviser
78. Poor complexion or skin trouble
79. Needing to watch every penny I spend
80. Awkward in making a date
  
81. Being talked about
82. Forgetting things
83. Trouble organizing term papers
84. Not knowing what I really want
85. Not getting individual help from teachers
86. Too short
87. Family worried about finances
88. Slow in getting acquainted with people
89. Worrying how I impress people
90. Having a certain nervous habit
  
91. Trouble in outlining or note-taking
92. Trying to combine marriage and a career
93. Not enough chances to talk to teachers
94. Too tall
95. Disliking financial dependence on others
96. In too few student activities
97. Feeling inferior
98. Trouble with oral reports
99. Teachers lacking interest in students
100. Not very attractive physically
  
101. Financially unable to get married
102. Boring weekends
103. Frequent sore throat
104. Working lat night on a job
105. Wanting to learn how to dance
106. Being stubborn or obstinate
107. Losing my temper
108. Not getting studies done on time
109. Is further education worthwhile
110. Classes too large
  
111. Frequent colds
112. Living in an inconvenient location
113. Wanting to improve my appearance
114. Getting into arguments
115. Being careless
116. Unable to concentrate well
117. Not knowing where I belong in the world
118. Not enough class discussion
119. Nose or sinus trouble
120. Transportation or commuting difficulty

121. Want to improve my manners or etiquette
122. Speaking or acting without thinking
123. Being lazy
124. Unable to express myself well in words
125. Needing to decide on an occupation
126. Classes run too much like high school
127. Speech handicap (stuttering, etc.)
128. Lacking privacy in living quarters
129. Trouble in keeping a conversation going
130. Sometimes acting childish or immature
  
131. Tending to exaggerate too much
132. Needing information about occupations
133. Too much work required in some courses
134. Weak eyes
135. Not taking things seriously enough
136. Needing to know my vocational abilities
137. Teacher too theoretical
138. Frequent headaches
139. Too little money for recreation
140. Lacking skill in sports and games
  
141. Disliking someone
142. Afraid of making mistakes
143. Worrying about examinations
144. Deciding whether to leave college for a job
145. Some courses poorly organize
146. Sometimes feeling faint or dizzy
147. No steady income
148. Too little change to enjoy nature
149. Being dislike by someone
150. Can't make up my mind about things
  
151. Slow with theories and abstractions
152. Doubting I can get a job in chosen vocation
153. Courses too unrelated to each other
154. Glandular disorders (thyroid, lymph, etc.)
155. Unsure of my future financial support
156. To little change to pursue a hobby
157. Feeling that no one understands me
158. Lacking self-confidence
159. Weak in logical reasoning
160. Wanting advice on next steps after college

161. Too many rules and regulations
162. Too little chance to read what I like
163. Having no one to tell my troubles to
164. Can't forget an unpleasant experience
165. Not smart enough in scholastics ways
166. Choosing best courses to prepare for a job
167. Unable to take courses I want
168. Want more meaning in debates w/ people
169. Finding it hard to talk about my troubles
170. Feeling life has given me a "raw" deal
  
171. Fearing failure in college
172. Choosing best courses to prepare for a job
173. Forced to take courses I don't like
174. Having considerable trouble with my teeth
175. Needing a job during vacations
176. Too little chance to do what I want to do
177. Too self-centered
178. Too many personal problems
179. Not having a well-planned college program
180. Afraid of unemployment after graduation
  
181. Grades unfair as measure of ability
182. Bothered by a physical handicap
183. Doing more outside work than is necessary
184. Too little social life
185. Hurting other people's feelings
186. Too easily moved to tears
187. Poor memory
188. Not knowing how to look for a job
189. Unfair tests
190. Needing medical advice
  
191. Getting low wages
192. Too much social life
193. Too easily led by other people
194. Thought of suicide
195. Slow in Mathematics
196. Campus lacking in recreational facilities
197. Dissatisfied with my present job
198. Nothing interesting to do in vacation
199. Lacking leadership ability
200. Wanting to quit college

**STEP 2:**

Look back over the items you have underlined and **CIRCLE** the numbers of the items which are of most concern to you.

**STEP 3:**

Answer the following questions

1. Do you feel that the items you have marked on the list give a well-rounded picture of our concerns?

Yes       No

If any additional items or explanations are desired, please indicate them here.

2. How would you summarize your main areas of concern in your own words? Be specific.