assessment testing. According to Breneman and Haarlow (1998), of the total 1995-96 Florida community college and public university budget of $2.5 billion, $57.5 million was for remedial expenditures. Hackworth (1998) reports that half of all remedial training are adult students returning to school seeking further education and career training.

**Anxiety**

Concerns with fear and anxiety are as old as the human race. Numerous references to fear can be found in the Bible and in the writings of early Greek and Roman philosophers. Spielberger and Sarason (1975) reported that the cultural expression of anxiety revealed a self-awareness that marked the end of more primitive times and the beginning of the time when humans began to consider themselves as members of a group. Numerous classical Greek dramas allude to human feelings that could be recognized as anxiety or anxiety related.

The first written definition of the term "anxiety" as a component in human behavior was from an 11th century Arab philosopher who proposed anxiety as a basic condition of human life and a prime motivator of human behavior (Spielberger, 1979). Early in the 19th century, as technological changes occurred, conditions began to emerge that led to the study of what is now known as "psychological problems." Freud's (1936) study was thought to be the first to distinguish between fear and anxiety.

Anxiety, as a psychological construct, was first evident in Freud's identification of "angst" as a discrete clinical syndrome in 1894. Freud (1936) considered anxiety as a feeling of apprehension, tension, or dread with possible physiological and behavioral manifestations of heart palpitations, disturbances in respiration, sweating, restlessness,