



Math Anxiety

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What is Math Anxiety?

Anxiety

- * Shallow breathing
- * Light headedness
- * Panic
- * Need to flee
- * Tightness in shoulders, back, hands, jaw
- * Looking for reasons to quit
- * Can't remember anything

Negative self-talk

- * I'll never get this
- * I'll never need this
- * I should understand this
- * I'm the only one who doesn't get this
- * If I don't get this... (name your disaster)
- * I don't need this. I'll just...

Why Do People Develop Math Anxiety?

- ✿ Math is different
- ✿ Math is difficult and takes work
- ✿ Past failures color our picture of our abilities
- ✿ Negative experiences in school
- ✿ Negative associations
- ✿ Getting “stuck”
- ✿ Messages from family and society
- ✿ Fear of being exposed as stupid

WHAT CAN YOU DO ABOUT
MATH ANXIETY?



Positive Self Talk
Positive Talk to Others
Preparation
Relaxation

Positive Self Talk

WHAT CAN DO ABOUT MATH ANXIETY

- * What are you saying to yourself? Change to positive
- * Remind yourself that this anxiety isn't helpful
- * Remember how far you have come
- * It's OK if you don't know everything
- * Think of math as puzzles to be solved

Positive Talk to Others

WHAT CAN DO ABOUT MATH ANXIETY

- ✿ Tell others what you like about math
- ✿ Encourage children to succeed in math
- ✿ Talk about what you are learning
- ✿ Look for opportunities to relate what you're learning to life

Preparation

WHAT CAN DO ABOUT MATH ANXIETY

- * Schedule time to study
- * Read your text
- * Learn vocabulary
- * Study *and* Practice
- * Take notes
- * Ask for help
- * Stay current on homework
- * Make practice tests
- * Review returned tests
- * Take care of yourself

Relaxation

WHAT CAN DO ABOUT MATH ANXIETY

- * Find balance in life
- * Give yourself permission to not completely understand
- * Recognize fight or flight response
- * Do relaxation exercises
- * Think of tests as “filling out a form”
- * Be on time to tests and class

Now What?

- * In what ways do you experience math anxiety?
- * What will you do about it?
 - * When will you study?
 - * How will you study differently?
 - * How will you replace negative self-talk?
 - * How will you prepare for tests?
 - * How will you relax?