



Math & Test Anxiety

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Symptoms of 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



Positive Self Talk
Positive Talk to Others
Preparation
Relaxation

WHAT CAN YOU DO
ABOUT ANXIETY?

Positive Self Talk

WHAT CAN DO ABOUT 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 ANXIETY

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

Preparation

WHAT CAN DO ABOUT 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

Preparation

- * Review previous day's and week's material – spiral through material
- * Make and review cram cards
- * Make up questions that could be on a test
- * Discuss what you learn




Relaxation

WHAT CAN DO ABOUT 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



Taking the Test

- ✿ Read questions and directions carefully
 - ✿ Remember, you don't have to answer questions in order. Answer the ones you know first
 - ✿ For multiple choice questions, eliminate choices you know are wrong
 - ✿ Know how much each section is worth
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Taking the Test

- * FOCUS on the test, not on negative thoughts that may creep in!
- * If you're stuck on a question or problem, write what you *do* know




Taking the Test

- * Don't feel pressured by those who finish earlier than you
- * Use extra time to check your work





After the Test

- ✿ Congratulate yourself for doing the best you could
 - ✿ Learn from your mistakes
 - ✿ When the test is returned, review what you got right and wrong so you know it for the next test
 - ✿ If you didn't do as well as you hoped, make a **PLAN** to do better on the next test
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Now What?

- * In what ways do you experience 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?