

#### What is Math Amxiety?

#### **Anxiety**

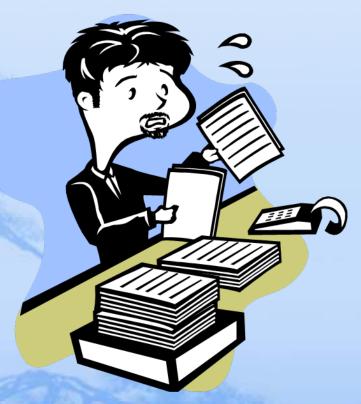
- Shallow breathing
- Light headedness
- Panic
- Need to flee
- Tightness in shoulders, back, hands, jaw
- Looking for reasons to quit
- Can't remember anything

#### **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

# Talk sitive

- 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

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

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- 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

- 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 why you prepare for tests?
  - \* How will you relax?