MATH CAN BE FUN: OVERCOMING MATH ANXIETY

PRESENTED BY THE LEARNING SUPPORT CENTER
THE WALL...
OVERCOMING MATH ANXIETY

WHAT IS MATH ANXIETY?

“Math anxiety is a clear-cut negative, mental, emotional, and/or physical reaction to mathematical thought processes and problem solving” (Cynthia Arem, Conquering Math Anxiety)

Do YOU have math anxiety? Inventory
MATH ANXIETY INVENTORY

(ADAPTED FROM OVERCOMING MATH ANXIETY, SHELIA TOBIAS)

LETTER YOUR PAPER FROM A - J AND SELECT THE MOST APPROPRIATE SCALED SCORE FOR EACH STATEMENT. USE THE SCALE BELOW.

1. STRONGLY DISAGREE
2. DISAGREE
3. NEITHER AGREE OR DISAGREE
4. AGREE
5. STRONGLY AGREE
MATH ANXIETY INVENTORY

1. STRONGLY DISAGREE
2. DISAGREE
3. NEITHER AGREE OR DISAGREE
4. AGREE
5. STRONGLY AGREE

A. I CRINGE WHEN I HAVE TO GO TO MATH CLASS.
B. I AM UNCOMFORTABLE GOING TO THE BOARD IN MATH CLASS.
C. I AM AFRAID TO ASK QUESTIONS IN MATH CLASS.
D. I AM ALWAYS WORRIED THAT THE INSTRUCTOR WILL CALL ON ME TO ANSWER A QUESTION IN MATH CLASS.
E. I AM ALWAYS WORRIED THAT EVEN IF MATH IS EASY NOW, IT WILL BECOME TOO DIFFICULT FOR ME TO FINISH MY PROGRAM.
MATH ANXIETY INVENTORY

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4. AGREE
5. STRONGLY AGREE

F. I TEND TO ZONE OUT IN MATH.
G. I FEAR MATH TESTS MORE THAN ANY OTHER TYPE OF TEST.
H. I DON’T KNOW HOW TO STUDY FOR MATH TESTS.
I. IT MAKES SENSE DURING CLASS, BUT WHEN I LEAVE TO WORK ON MY OWN, IT DOESN’T MAKE SENSE.
J. I’M FEARFUL THAT I WILL NOT BE ABLE TO KEEP UP WITH REST OF THE CLASS.
HOW DID YOU SCORE?
## IDENTIFY YOUR SYMPTOMS

### PHYSICAL
- Increased sweating
- Increased need to urinate
- Headaches
- Shakiness
- Upset stomach
- Loss of appetite
- Tightness of muscles
- Stiff neck
- Backaches
- Fatigue
- Insomnia
- Total mental fatigue
- Feelings of inadequacy

### MENTAL
- Confusion, disorganization
- Foggy thinking
- Blank mind, freezing up
- Overwhelming fear or panic
- Poor attention span
- Increased errors
- Fleeting thought process
- Narrowed perceptions
- Immobilized creativity
- Nervous worrying
- Pervasive negativism
- Feelings of impending doom
- Distracting thoughts
MAKE IT POSITIVE

DEFEATING MATH BELIEF/REASONABLE MATH BELIEF

Math should come easily to me

Even mathematicians work hard at doing math, so why should it come easily for me?
MAKE IT POSITIVE

NEGATIVE TO POSITIVE STATEMENTS

“I’m no good at math.”

Instead, say...

“I’m better at math today than I was yesterday.”
LEARNING STYLES

INVENTORY ASSESSMENT: https://www.engr.ncsu.edu/learningstyles/ilsweb.html

DEFINITIONS & TIPS FOR LEARNING STYLES:
LEARNING STYLES

WHAT IS YOUR STYLE?

• Active vs. Reflective
  • ACTIVE LEARNERS TEND TO RETAIN AND UNDERSTAND INFORMATION BEST BY DOING SOMETHING ACTIVE WITH IT--DISCUSSING OR APPLYING IT OR EXPLAINING IT TO OTHERS. REFLECTIVE LEARNERS PREFER TO THINK ABOUT IT QUIETLY FIRST.

• Sensing vs. Intuitive
  • SENSING LEARNERS TEND TO LIKE LEARNING FACTS, INTUITIVE LEARNERS OFTEN PREFER DISCOVERING POSSIBILITIES AND RELATIONSHIPS.

• Visual vs. Verbal
  • VISUAL LEARNERS REMEMBER BEST WHAT THEY SEE--PICTURES, DIAGRAMS, FLOW CHARTS, TIME LINES, FILMS, AND DEMONSTRATIONS. VERBAL LEARNERS GET MORE OUT OF WORDS--WRITTEN AND SPOKEN EXPLANATIONS.
GET PREPARED

“FAILING TO PLAN IS PLANNING TO FAIL.”

SET CLEAR & APPROPRIATE GOALS:

This is my math goal: ____________________________________________

I want to achieve my math goal because: ____________________________
PLAN TO SUCCEED

These are the barriers or obstacles I may face and steps I will take to overcome them:

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<th>Barriers/Obstacles</th>
<th>Steps to Overcome Barriers/Obstacles</th>
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PLAN TO SUCCEED

These people will be supportive of me achieving my goal:

I will take the following steps to achieve my goal:

1. Attend all classes
2. Arrive on time
3.
4.
GROW YOUR PERSONAL STUDY SKILLS

What are some tips and strategies for successfully completing math?

YOU CAN DO IT!
RESOURCES

• HOW TO READ A MATH TEXTBOOK
• A GUIDE FOR STUDYING MATH
• MY PERSONAL MATH STUDY SKILLS INVENTORY
• HTTP://WWW.WEBER.EDU/WSUIMAGES/VETSUPWARDBOUND/STUDYSKILLS/OVERCOMEMATHANXIETY.PDF
• HTTP://WWW.MATHPOWER.COM/ANXTEST.HTM
• HTTP://WWW.MATHPOWER.COM/REDUCE.HTM
• CONQUERING MATH ANXIETY BY CYNTHIA AREM