

MATH ANXIETY

AND WORKING THROUGH IT

WHAT DO YOU DO when you forget what to do?



Those WITHOUT math anxiety

- Try to make sense of wording
- Call from memory right formula or approach and solve the problem
- If stuck, re-think, re-read, return to memory bank
- **BOTTOM LINE:** Keep moving through their thinking process pathways until the problem is solved.

Those WITH math anxiety

- See math and panic.
- Emotions interrupt and clutter pathways
- Can't think. Lose confidence
- Doubt intelligence.
- *Brain freezes.*
- **BOTTOM LINE:** Can't think because their brain has stopped moving along pathways.

In order to manage math anxiety, students need to take charge of their learning. But remember,

transforming anxiety is a process!

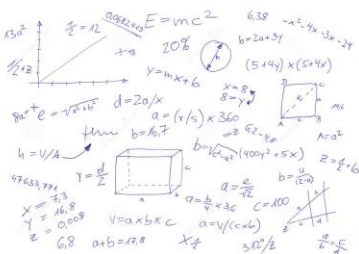
DIVIDED PAGE EXERCISE To help keep brain moving

Ideas

[Write your feelings and thoughts here]

Solutions

[Write your math notes, calculations, problem solving steps here]



Common Myths

- Math ability is inherent
- Math insight comes instantly *if it comes at all*
- Only few can do math
- Those good in math do problems quickly in their heads
- Math is a male domain

THESE BECOME
EXCUSES TO FAIL

MANAGING MATH ANXIETY

- 1) **Active Thinking:** Thinking in math involves *doing*. Try new paths of thought.
- 2) **Self Monitoring:** Recognize when panic starts, and know what form it takes. Then figure a way to systematically unpanic so the brain can keep moving.
- 3) **Giving yourself Permission:** Explore your confusion (divided page exercise) and what makes math so hard. Analyze resistance.
- 4) **Self Mastery:** Writing things down prevents the paralyzing effect of staring at a problem or book. Remember *thinking* in math involves *doing*.

THE ESSENCE OF DOING
MATH IS TO NOT STOP, BUT
TO KEEP ON GOING