Managing the Mean Math Blues

Getting in the Zone with Math Anxiety
These workshops are brought to you by

*The Worry Club of EvCC*

*Positive Thinking is a + Sign*
Part 2
Positive Thinking is a + Sign

- Stopping the negative self-talk
- Reducing anxiety
- Time Management
SELF TALK
What is it?

• The running commentary in our heads
• Are you aware of your internal monologue?
• Is there a “pattern” to your self talk?
• **Harmless self talk:** I need to stop at the cleaners.

• **Harmful self talk:** I’ll never be as good at math as the other students.

• Many of the “mind-gurus” claim 80% of what the average person says to themselves is damaging to our self-confidence.

• It may take as many as 20 positive thoughts to “outweigh” or “replace” just 1 negative thought!
A Look at Irrational Thoughts

• All or Nothing
• Over generalizing
• Mental Filter
• Jump To Conclusions
• Emotional Reasoning
• I “Should have”
How do I change?

• Through Awareness and Practice!
• Keep a Log
• Thought Stopping
• Thought Substitution/Affirmations
  ▶ Thoughts stated in the positive
  ▶ The more specific the better
  ▶ Keep them private
Anxiety Reduction

• Life style issues
  – Sleep (get enough)
  – Caffeine (don’t get too much)
  – Eating Nutritious Foods (makes you feel better)
  – Exercise (also makes you feel better)
  – Alcohol & Drugs (avoid!!!)
Relaxation Techniques

- *Deep* Breathing
- Count backwards from 100
- Yoga
- *Body Scanning*
Is some of your anxiety caused by never having enough time?

- Do you regularly pull “all-nighters”?
- Is the alarm clock your enemy?
Time flies...

- Do you often “wing it”?  
- How can you make the most of your day?  
- What are the elements of good time management?
Change Your Time Habits

- Defy Parkinson’s Law
- Obey your alarm clock!
- Take a “time out”- a little break occasionally won’t hurt!
- Jot things down on a note pad or 3x5 cards and regularly review them.
- Make the most of “hidden time” (standing in line, waiting in traffic)
Use Scheduling Techniques

- Use the Three-Part Scheduling Plan
- Lay a foundation with a Master Plan
- Account for changing details with a Weekly Schedule
- Provide a game plan with a Daily Schedule
- You can download calendars from websites!
Use Scheduling Techniques

• Adapt your schedule to account for changes (changes in class schedule due to weather, illness, etc.)
• Make your schedule Assignment Oriented (mark your assignment due dates on your planner!)
Valuable Tidbits on Time

- Write neatly the first time so you don’t have to take time to do it again.

- The greatest time saver is concentration. Once you start working on something, keep your mind glued to it.
• Still feeling anxious about math?
  – Each quarter there are workshops and a 2-credit Human Development course (H DEV 105 *Overcoming Math Anxiety*)
  – Ask your Math Teacher for advice!
  – Contact
    • Deanna Skinner in the Career and Counseling Center, 3rd Floor Parks
    • Brett Kuwada in the Career and Counseling Center, 3rd Floor Parks
    • Gina Myers, Counselor, Rainier 103