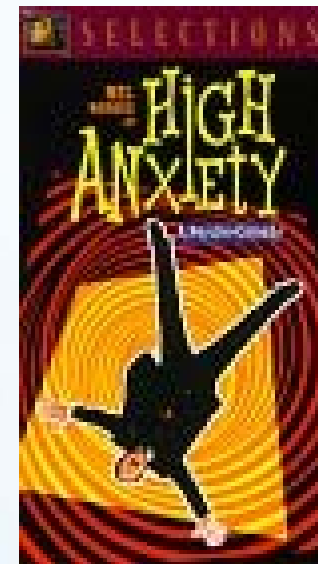


# Managing the Mean Math Blues

## *Getting in the Zone with Math Anxiety*

Peg Balachowski  
Deanna Skinner  
Karen Stevens



- These workshops are brought to you by  
*The Worry Club of EvCC*



- *Workshop 1: Getting in the Zone with Math Anxiety*
- *Workshop 2: Positive Thinking is a + Sign*
- *Workshop 3: Tackling Testing Tremors*





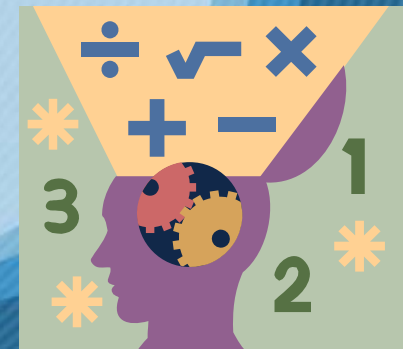
# Symptoms of Math Anxiety

- A. Hyperventilation.
- B. Holding your breath.
- C. Sweating profusely, while holding your breath.
- D. Panic
- E. Paranoia
- F. Avoidance
- G. Feelings of guilt
- H. Nausea
- I. Blocking out
- J. Lack of concentration



# The *Real* Sources

- There is no *single* cause
- Negative Classroom Experiences
  - *Instructor*
  - *Public Embarrassment*
  - *Pressure of Timed Tests*
  - *Learning Style not considered*



- **Pressure or Ridicule from**

- *Parents, Siblings*
- *Classmates*

- **Poor Math Attitude**

- *Our Society/Culture Reinforces*
- *External Locus of Control*
- *Cognitive Distortions – Faulty Beliefs*
- *Self Fulfilling Prophecy*



## • Insufficient Preparation

- *Reading Level*
- *Math Study Skills*
- *Time*
- *Lack of Test Taking Skills or Test Anxiety*

## • Math = Pain & Frustration

- *Associate Math With : Unpaid Bills, Unforeseen Debts, IRS Forms, Unbalanced Checkbooks!*



## • Sexism

- *A world seemingly dominated by white males*



# What can get in the way of success?

## Common Myths surrounding success in math

- Genetics
- Ethnicity
- Age
- Speed
- Don't need math



# What can you do RIGHT NOW?

- Ask questions in class or during instructor's office hours. Also, form a study team.
- Practice, practice, practice.
- Read text, do lots of problems, take good notes.
- Admit you need help.
- Get help!
- Talk and think math.



- **Overcome negative self talk  
– turn off that recording!!**
- **Make sure your study  
environment is conducive to  
learning.**
- **Find your learning style.**



# LEARNING MODES



- Everyone accesses and processes information from our environment – not just the academic environment - differently. What's your learning style?

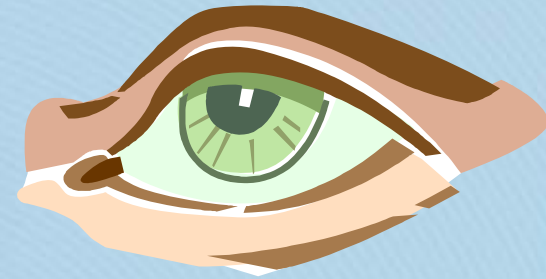


# Using your learning style to your advantage

The more activities you involve in your learning, the more easily you will learn. Use your primary learning mode to compensate for the other two modes. Adapt material given in a different style to your own style. Experiment with the other modes to improve them and therefore improve your learning.



# VISUAL LEARNING



- Sit in the front of the room so you can see everything!
- List your tasks so that you can have the visual satisfaction of crossing off completed tasks.
- Make your learning environment pleasant to look at.
- Clear your desk or work area of clutter – it will help clear your mind, too.



# AUDITORY LEARNING

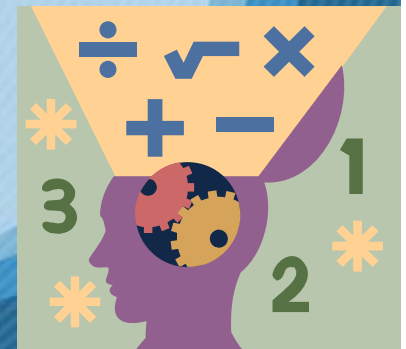
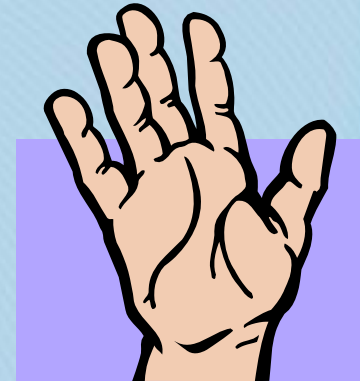


- Choose the best classroom location for hearing everything.
- Tape record the class – most instructors don't mind (assuming you ask).
- Ask questions and LISTEN CAREFULLY for the response.
- Read your textbook and notes aloud.



# KINESTHETIC LEARNING

- Sit where you can most actively participate in all classroom events.
- Take notes carefully – the activity helps you better remember what you're writing.
- As you study, walk around. Walk and at the same time talk about the material you are trying to remember.
- Work at a chalk board or white board whenever possible.



- **Still feeling anxious about math?**
  - Each quarter there are workshops and a 2-credit Human Development course (H DEV 105 *Overcoming Math Anxiety*)
  - Ask you Math Teacher for advice!
  - Contact
    - Peg Balachowski (Math)
    - Deanna Skinner (CACC)
    - Karen Stevens (SSSP)