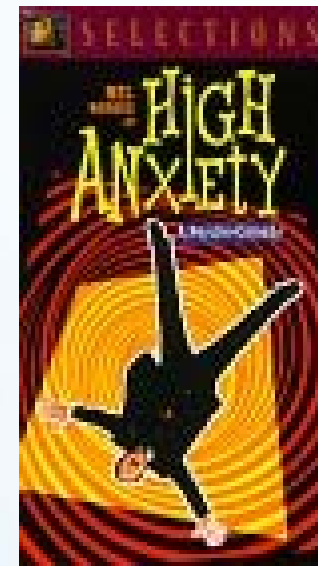


Managing the Mean Math Blues

Getting in the Zone with Math Anxiety

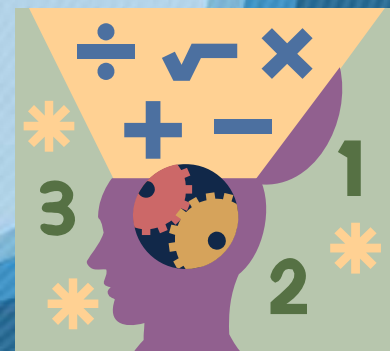
Peg Balachowski
Deanna Skinner
Karen Stevens



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



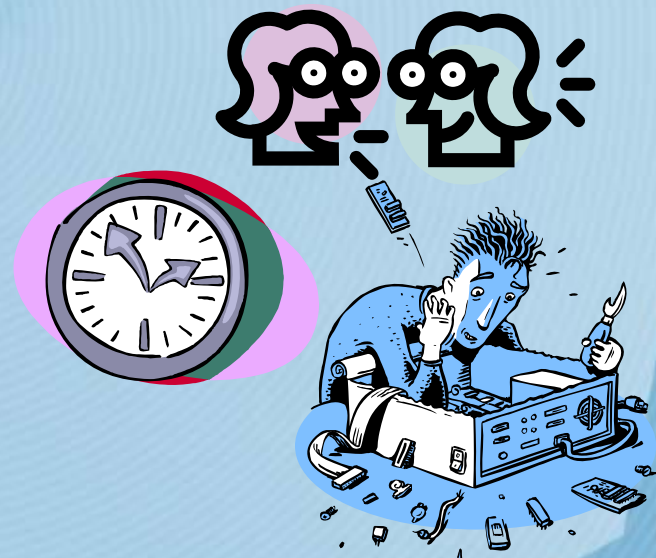
- *Workshop 1: Getting in the Zone with Math Anxiety*
- *Workshop 2: Positive Thinking is a + Sign*
- *Workshop 3: Tackling Testing Tremors*

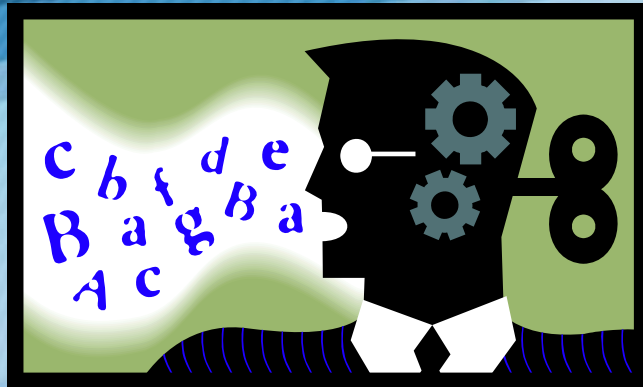


Workshop 2

Positive Thinking is a + Sign

- **Stopping the negative self-talk**
- **Reducing anxiety**
- **Managing time**





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
- Disqualify the Positive
- Jump To Conclusions
- Catastrophizing
- Emotional Reasoning
- I "Shoulds"
- Labeling
- Personalizing



How do I change?

- Through **Awareness** and **Practice!**
- Keep a Log
- Thought Stopping
- EMT
- Thought Substitution / Affirmations
 - ❖ *Stated in the positive*
 - ❖ *The more specific the better*
 - ❖ *Keep them private*



Anxiety Reduction

- Life style issues

- Sleep

- Caffeine

- Eating Nutritious Foods

- Exercise

- Alcohol & Drugs



Relaxation Techniques

- **Deep Breathing**
- **Countdown**
- **Turtle**
- **Scanning**





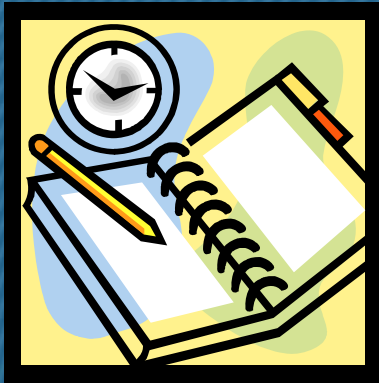
Time flies...

- 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 "time out"
- Jot things down on a note pad
- Make the most of "hidden time"



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 portable game plan with a *Daily Schedule*
- Adapt your schedule
- Make your schedule **Assignment Oriented**

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.