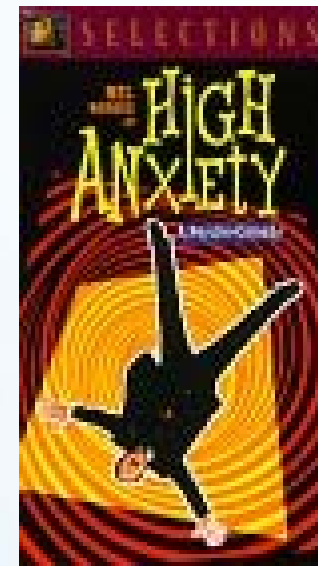


Managing the Mean Math Blues

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



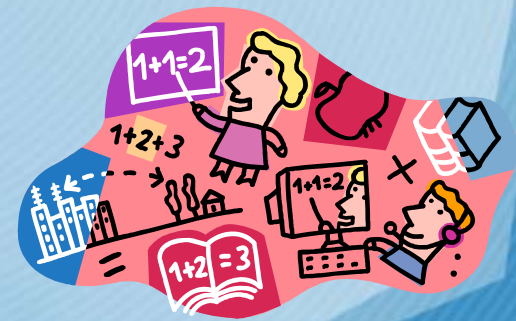
- *Workshop 1: Getting in the Zone with Math Anxiety*
- *Workshop 2: Positive Thinking is a + Sign*
- *Workshop 3: Tackling Testing Tremors*



Workshop 3

Test Taking and Study Skills

- **Test Preparation and Study Skills**
- **Test Anxiety**
- **Test Taking Strategies**





Is this you?

- *“I know the material inside and out, upside and down, but when I sat down with that test in my hands, I forgot everything...”*



Build Strong Study Habits

- attend class daily
- 2-3 hours daily homework
- study as soon after math class as you can
- access tutoring (it is FREE)
- have an study space
- ask questions
- stay on top of studies – time management
- master the content



Memory

- Long term memory & storage
- Memory techniques
 - ✓ *Flash cards*
 - ✓ *Visualization*
 - ✓ *Learning style*
 - ✓ *Associations (??)*
 - ✓ *Mnemonic devices*
 - ✓ *Acronyms*



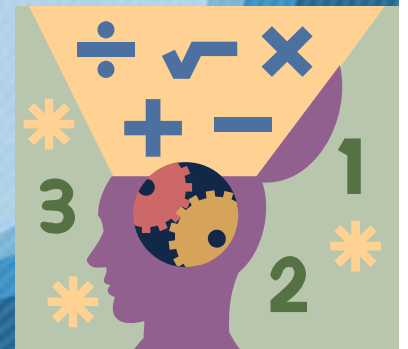
Long term test prep

- Determine test content and test type
- Overlearn
- Clues from previous test?
- Health & attitude
- Pacing & review
- Create practice tests – timed to re-create the testing environment
- Remember self talk and visualization



Short term test prep

- A good night's rest & nutrition will help prepare your body and mind
- Be on time!
- Call upon your practiced relaxation technique
- Self talk & affirmations
- Short term review



Math Test Anxiety

- **Just reducing math anxiety alone will not make you successful on your math test**
- **You can reduce it by being prepared**
- **A LITTLE is good**
 - **It motivates us to prepare**
 - **Too much can interfere with test**

All Math Anxiety is Learned

- Remember 1st time you had anxiety?
 - *What happened?*
 - *How did you feel?*

- You can **UN-learn** it!



UN-Learning It

- **Remember last positive math experience**
 - What happened?
 - How did you feel?
- **Positive Affirmations**
 - I CAN reduce my math anxiety.
 - There is no reason for me to continue being math anxious.

Things Math Anxiety Affects

- **Study Habits**
 - Avoiding class material, not retaining information while studying, avoiding taking math
- **Class Participation**
 - Fear of asking questions, talking to teacher, going to class, talking to other students
- **Brain Functioning**
 - Slows processing, keeps two centers of brain from communicating

To Change Math Anxiety

Change the things it affects. . .

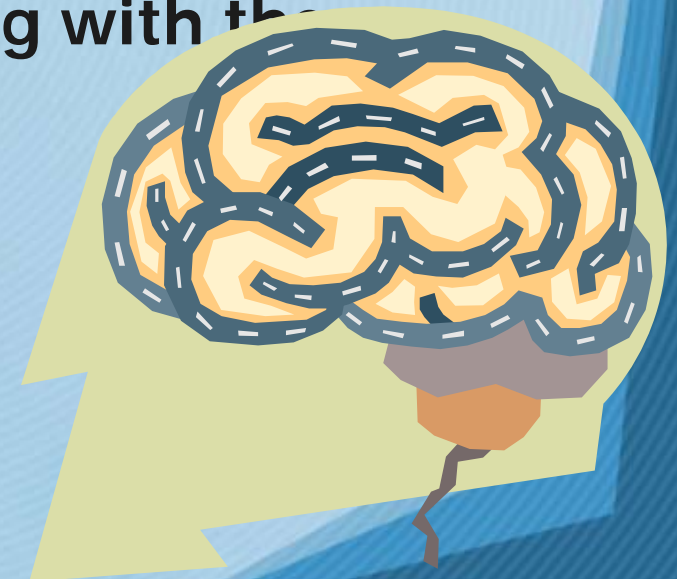
Change the things it affects

- **Class participation:**

- Make an appt. with teacher
- Ask teacher to solve an extra problem
- Put a problem on board before class
- Prepare questions before class, ask in the first 15 minutes
- Use email to ask a question
- Take notes short hand and review with a buddy right after class

How Does Anxiety Affect Brain Functioning

- **Anxiety uses-up working memory in the brain**
 - Keeps brain in fight/flight mode
 - Slows processing time
 - Sometimes stops “emotional center” of brain from communicating with the “storage center” of brain

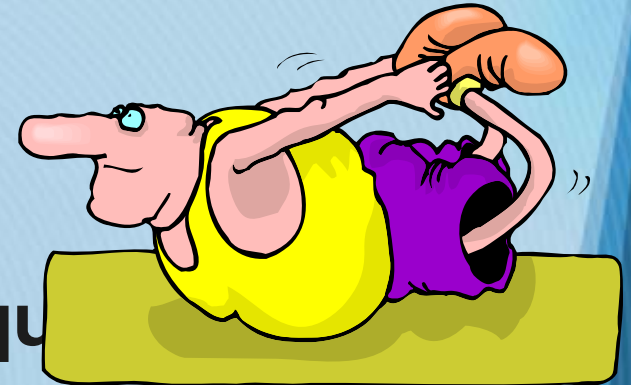


Change the things it affects

Brain Functioning

–Use Relaxation Techniques

- *Deep Breathing*
- *Counting Down*
- *Scanning*
- *The Turtle*
- *Healthy lifestyle*



When studying for a math exam you have two main goals:

- To learn the material so you can do well on the exam;
- To *really* learn the material so you can do well on *every* math exam.



What will be on the test?

- Have you ever said, “I didn’t know that would be on the test”?
- In addition to knowing what topics are on the test, you should know what kind of questions you’ll be asked:
 - *Multiple choice*
 - *True/False*
 - *Fill in the blank*

Review Sessions

- Will the instructor hold a review session?
- Is the instructor available for questions right before the test?
- Are some classmates getting together for a review "party"?
 - *Where and when will you study and with whom?*

Equipment

- What should you take along on exam day?
 - *Pencils?*
 - *Calculator?*
 - *Extra paper?*
 - *Textbook?*
 - *Notes?*



After the test...

- Review your exam for weaknesses.
- “Oh, that’s just a stupid mistake.”
- Is there any such thing as a stupid mistake?
 - *Did you read the directions?*
 - *Did you understand the directions?*
 - *Was it an arithmetic/algebra mistake or a failure to understand a process or procedure?*

After the test...

- **Review the entire exam.**
- **Did you make the same mistake repeatedly?**
- **If you really don't understand your mistake, make an appointment to see your instructor or visit the tutoring center.**
- **Re-read the section in the book that covers that material.**

Exam Debrief

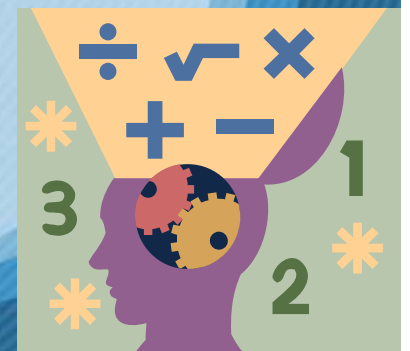
- **Did you do everything you needed to do to prepare for the test?**
- **Make a list of three things you can change to better prepare for the next exam...and commit to doing them!**

MATH ANXIETY BILL OF RIGHTS

- I have the right to learn at my own pace and not feel put down or stupid if I'm slower than someone else.
- I have the right to ask whatever questions I have.
- I have the right to need extra help.
- I have the right to ask an instructor for help.



- I have the right to feel good about myself regardless of my abilities in math.
- I have the right not to base my self-worth on my math skills.
- I have the right to view myself as capable of learning math.
- I have the right to evaluate my math instructors and how they teach.



- I have the right to relax.
- I have the right to be treated as a competent adult.
- I have the right to dislike math.
- I have the right to say I don't understand.
- I have the right to define success in my own terms.



- **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)