

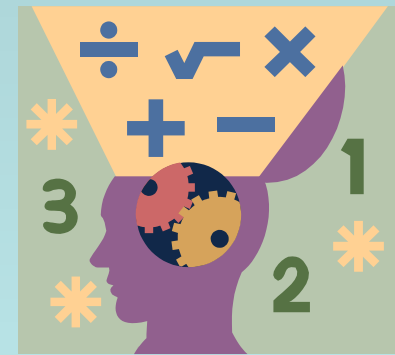
Managing the Mean Math Blues

*Getting in the Zone with
Math Anxiety*

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



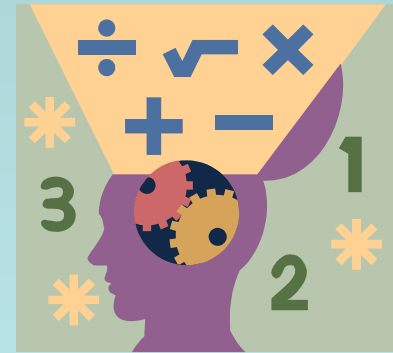
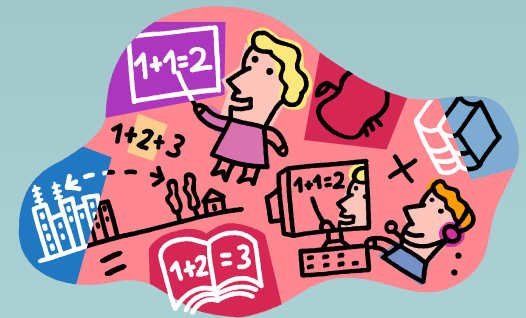
Part 1: Getting in the Zone with Math Anxiety



Part 1

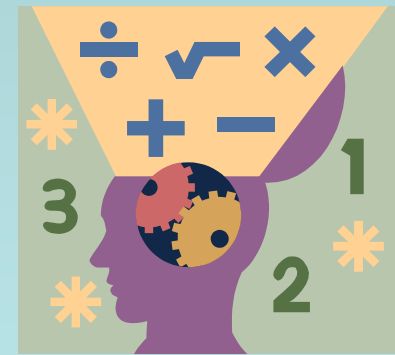
Getting in the Zone with Math Anxiety

- **What does Math Anxiety look like?**
- **Where does it come from?**
- **How can you deal with it right now?**



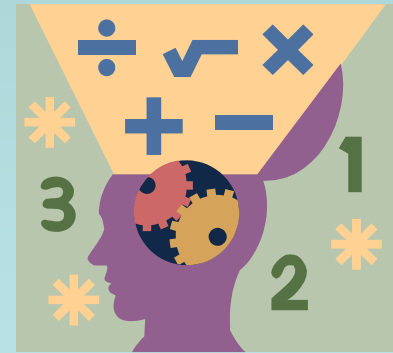
Symptoms of Math Anxiety

- 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
- Previous negative classroom experiences can impact our anxiety. For example:
 - *Insensitive instructor*
 - *Public Embarrassment*
 - *Pressure of Timed Tests*
 - *Learning Style not considered*

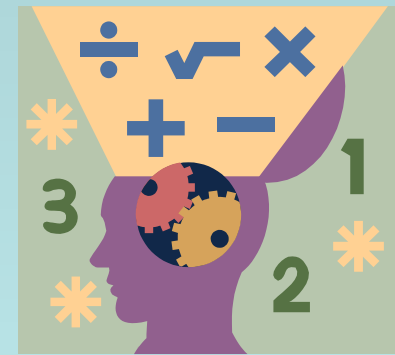


- **Pressure or Ridicule from**

- *Parents, Siblings who don't understand*
- *Classmates who learn at a faster rate or a different way*

- **Poor Math Attitude**

- *Our society/culture reinforces that it's okay to not like math*
- *External locus of control*
- *Cognitive distortions – faulty beliefs*
- *Self fulfilling prophecy*



•Insufficient Preparation

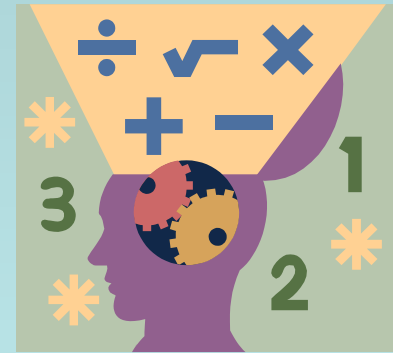
- Reading Level*
- Math Study Skills*
- Time*
- Lack of Test Taking Skills or Test Anxiety*

•Math = Pain & Frustration 🤔

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

•Sexism

- A world seemingly dominated by math instructors who are white males**



What can get in the way of success?

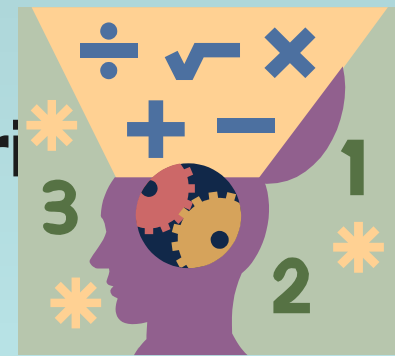
Common Myths surrounding success in math

- **Genetics**

- “My mom told me that she was never good at math, so I probably won’t be either!”

- **Guess what – it’s NOT related to genetics!**

- Maybe your mom didn’t have the right tools when she took math!

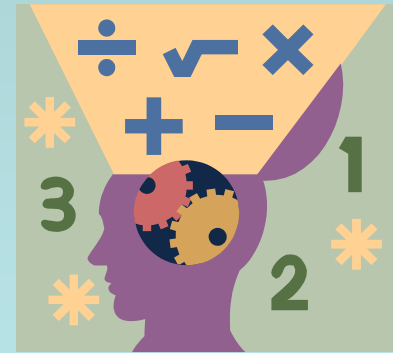


What can get in the way of success?

Common Myths surrounding success in math

- **Ethnicity**

–Some people think that certain ethnicities have an “edge” when it comes to math or science. It could be that those students have made a special time and place to study Math.

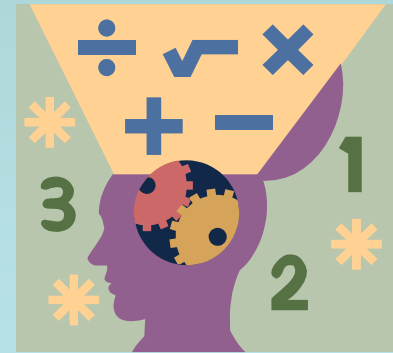


What can get in the way of success?

Common Myths surrounding success in math

- **Age**

- You are never too old to learn math!
While it is easier to learn math when you are younger, with a little more work you can overcome this!

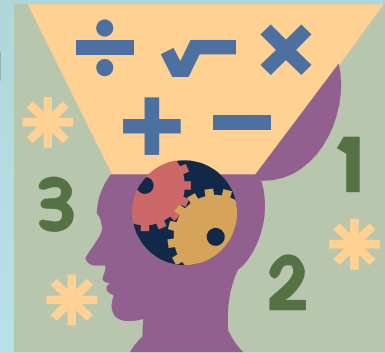


What can get in the way of success?

Common Myths surrounding success in math

•Speed

–Do you feel like everyone else does math faster than you? Practicing (and practicing, and practicing more) will help you to build speed. Remember – you have to walk before you can run!

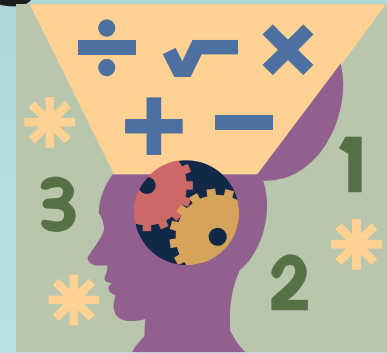


What can get in the way of success?

Common Myths surrounding success in math

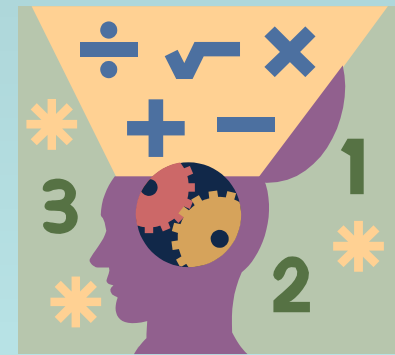
- **Don't need math**

- Even though you don't realize it, you use math almost every day: balancing your checkbook (or debit balance), doing a household budget, figuring out how much a sales item costs.
- You can probably name more!

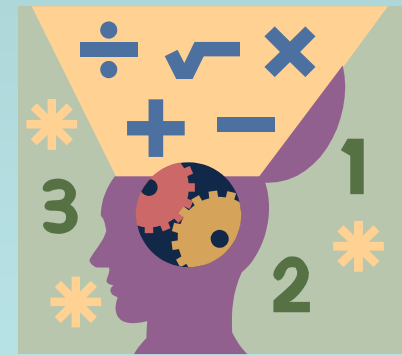


What can you do **RIGHT NOW?**

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



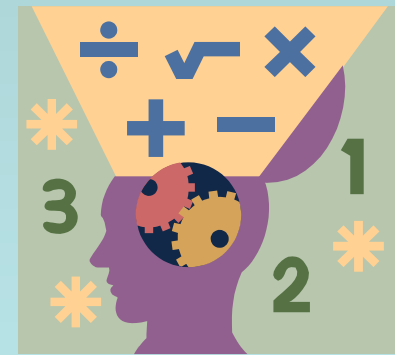
- Overcome negative self talk – turn off that recording!!
- Make sure your study environment is conducive to learning.
- Find your learning style.
- Here is an example of a learning style inventory:
- <http://ttc.coe.uga.edu/surveys/LearningStyleInv.html>



LEARNING MODES

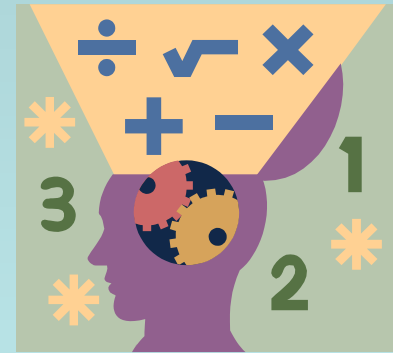


- Everyone accesses and processes information from our environment – not just the academic environment - differently. What's your learning style?



Using your learning style to your advantage

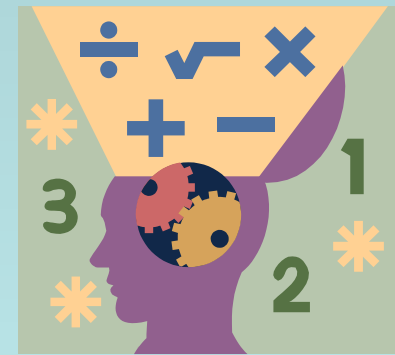
The more activities you involve in your learning, the more easily you will learn. Use your primary learning mode to compensate for the other two modes. Adapt material given in a different style to your own style. Experiment with the other modes to improve them and therefore improve your learning.



VISUAL LEARNER



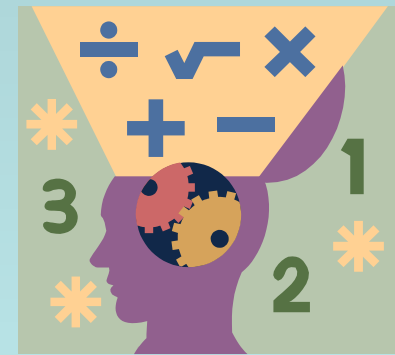
- **Sit in the front of the room so you can see everything!**
- **List your tasks so that you can have the visual satisfaction of crossing off completed tasks.**
- **Make your learning environment pleasant to look at.**
- **Clear your desk or work area of clutter – it will help clear your mind, too.**



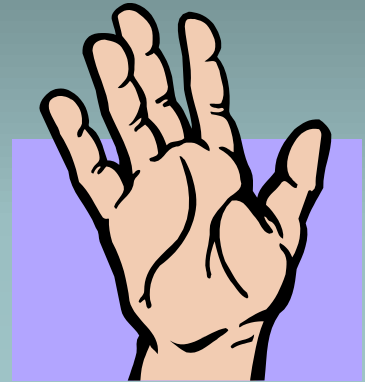
AUDITORY LEARNING



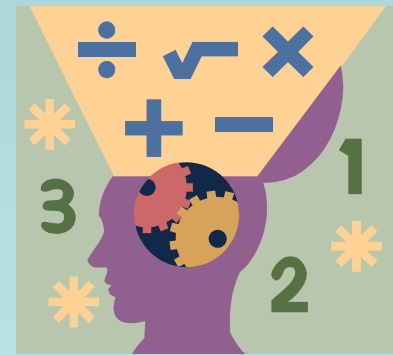
- **Choose the best classroom location for hearing everything.**
- **Tape record the class – most instructors don't mind (assuming you ask).**
- **Ask questions and LISTEN CAREFULLY for the response.**
- **Read your textbook and notes aloud.**



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 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