

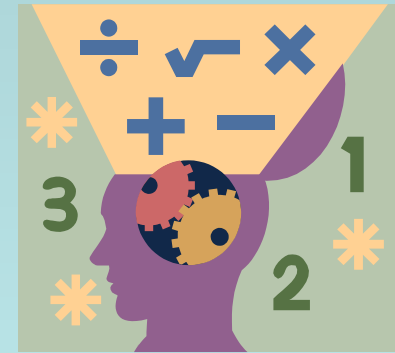
Managing the Mean Math Blues

*Getting in the Zone with
Math Anxiety*

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



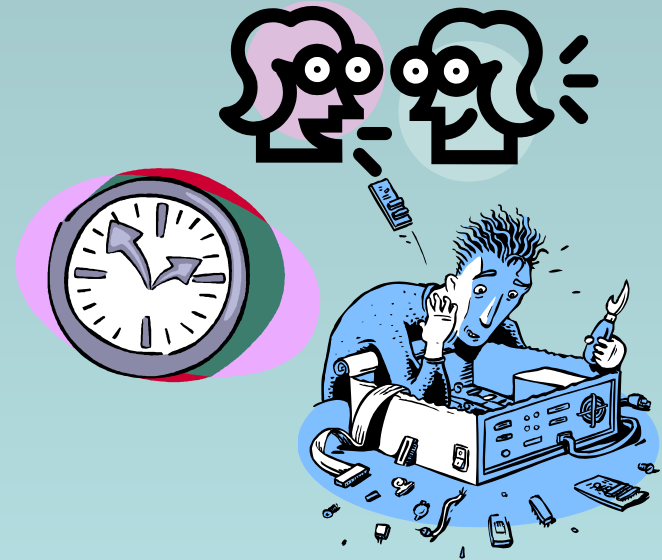
Positive Thinking is a + Sign

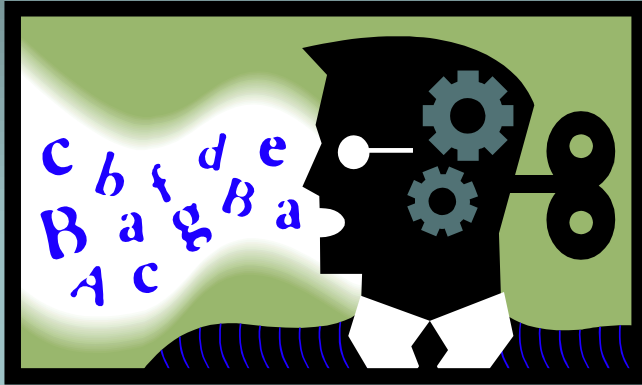


Part 2

Positive Thinking is a + Sign

- **Stopping the negative self-talk**
- **Reducing anxiety**
- **Time Management**





SELF TALK

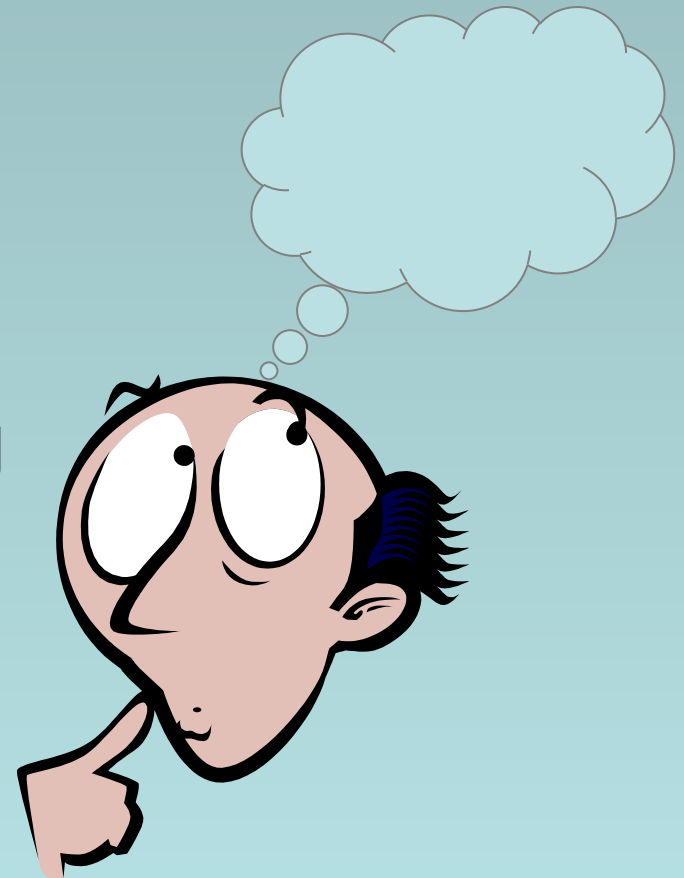
What is it?

- **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!

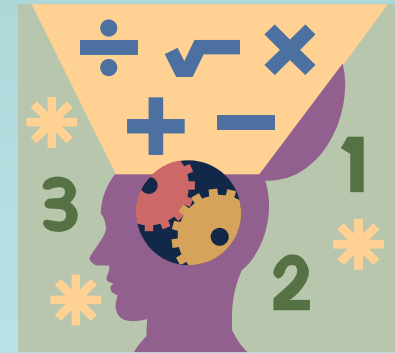
A Look at Irrational Thoughts

- **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?





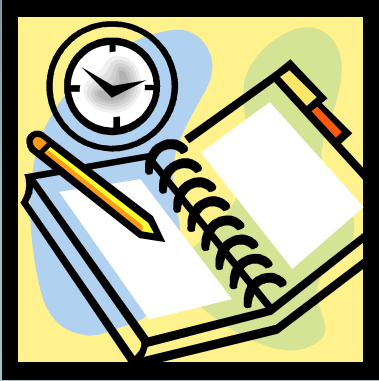
Time flies...

- **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

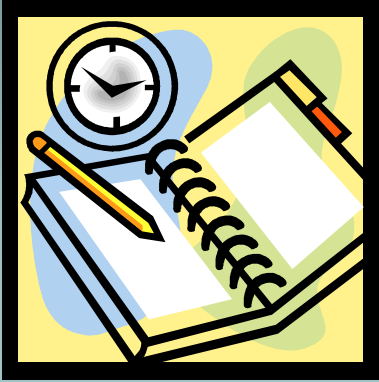


- Defy Parkinson's Law
- Obey your alarm clock!
- Take a "time out"- a little break occasionally won't hurt!
- Jot things down on a note pad or 3x5 cards and regularly review them.
- Make the most of "hidden time" (standing in line, waiting in traffic)



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