

Math Anxiety

Are you a student who gets anxious at just the thought of taking that required math class? Do you worry about having to figure out everyone's part of the bill when you have lunch with a group of friends? Do you believe that you simply do not have a math mind? Do you avoid activities or other classes that may involve mathematics? If any one or more of these situations describes you, you may be suffering from Math Anxiety.

What is Math Anxiety?

Math anxiety is an intense emotional feeling of ~~ity~~ that people have about their ability to understand and do mathematics. People who suffer from math anxiety feel that they are incapable of doing activities and classes that involve math. Some math anxious people even have a fear of ~~small~~ math

Learn effective math class and study techniques.

Students who fear math often avoid asking questions to save embarrassment, sit in the back of the classroom, fail to seek help from the professor, and usually put off studying math until the last moment. All of these negative behaviors are intended to reduce the student's anxiety but actually result in more intense anxiety. There are a number of positive behaviors, which actually help the student learn and perform better in math classes.

- x First, sit near the front of the class where you will experience fewer distractions and feel more a part of what is being discussed.
- x Second, if you have questions, ask! Rest assured that you are not the only one who has the same question you want to ask. Don't be afraid to seek help from your professor after class or during office hours.
- x Third, prepare! Read the textbook material before it is discussed in class. Do the problems *Math skill comes from practice and repetition.*
- x Finally, after class, review the material covered again.