

MAT 108
TUTORED MATHEMATICS
MATH ANXIETY WORKSHEET

Your Name: _____

Your Other Math Course: _____ Your Other Instructor: _____

PART ONE: Do you have math anxiety?

Answer the following seven questions on a scale from 1 to 5; (1) = Disagree, (5) = Agree.

- | | |
|--|-----------|
| 1. I hate math class | 1 2 3 4 5 |
| 2. Math isn't so tough now, but it's going to get really hard soon | 1 2 3 4 5 |
| 3. I tune out in math class. I don't mean to do it – it just happens | 1 2 3 4 5 |
| 4. I don't really like asking my math teacher questions | 1 2 3 4 5 |
| 5. I panic when I'm called on in math class | 1 2 3 4 5 |
| 6. I worry much more about math tests than about any other kind | 1 2 3 4 5 |
| 7. I can't wait until I don't have to take any more math | 1 2 3 4 5 |

Add up your ratings from the seven questions: SCORE: _____

Use the scoring key below to find out whether or not you have math anxiety:

If your score is between ...

- 28-35 Yup! You've got it.
- 21-27 Not exactly comfortable with math.
- 14-20 Hanging loose.
- 7-13 Cool as a cucumber.

SOME TIPS FOR OVERCOMING MATH ANXIETY

MATH IS LIKE A FOREIGN LANGUAGE	Learning math is like learning a foreign language. It must be practiced EVERY DAY until the vocabulary and the concepts become familiar. Repetition, Repetition, Repetition.
MISSING LINK	Sometimes the difficulty students have in higher level courses is having not learned the essential skills in lower level courses. Math is cumulative. Don't hesitate to ask your instructor or your tutor to fill in these "missing links" – that's what we're here for.
FEAR OF LOOKING STUPID	Many students don't want to stand out in class so they don't ask questions. Math is not a spectator sport – you must be an active learner. Your instructors and your tutors are paid to answer your questions – that's their job. They can't help you unless you ask them to.
EXACT ANSWERS	Although the final answer is important, the <u>process</u> by which you arrive at the answer is equally important. Show as much work as possible on all homework and test questions. Concentrate on the "Why" and the "How" of mathematics.
DEFEATING SELF-TALK	Why do students have an easier time criticizing themselves rather than complimenting themselves? If you get into the habit of talking yourself down, you will convince yourself that you cannot do it. If you use positive self-talk, you can just as easily convince yourself that you CAN do it.
DISTRUST OF INTUITION	Most students have skills that they do not know that they have. Learn to trust your intuition.
MENTAL BLOCK	EVERYONE can learn math. Some people just need more time or different types of instruction.

SOME TIPS FOR SUCCESS

1. OVERCOME NEGATIVE SELF-TALK.

Maintain a **positive attitude** toward math and your ability to do math. Each day, see yourself understanding more math and having the concepts come easily and readily to you. Say to yourself, “I can understand math if I give myself a chance.”

2. ASK QUESTIONS

When you feel “lost” ask your instructor to explain the first step that you did not understand, then question any later steps that you still do not follow. See your Instructor during office hours and visit the Math Solution for help. Notice when you are beginning to get into trouble and **seek assistance immediately**.

3. CONSIDER MATH A FOREIGN LANGUAGE – IT MUST BE PRACTICED.

Always remember the “say and do principle”. Research has shown that we remember only 10% of what we read, 20% of what we see, but a full 90% of what we **say and do**.

4. DON’T RELY ON MEMORIZATION TO STUDY MATHEMATICS.

Research shows that most of the information is lost within 20 to 60 minutes after learning. However, if you review immediately after class and again within the same day, and then do weekly and monthly reviews, the information you have learned will remain in long term memory.

5. READ YOUR MATH TEXT.

Read and study all of your textbook explanations of each type of problem. This is an excellent way to clarify difficult concepts and let you work through practice problems.

6. STUDY MATH ACCORDING TO YOUR LEARNING STYLE.

Are you visual, auditory or tactile?

7. GET HELP THE SAME DAY YOU DON’T UNDERSTAND.

8. BE RELAXED AND COMFORTABLE WHILE STUDYING MATH.

Even if math has given you problems for years, act as if you have control over your present level of success; act as if you really enjoy learning math; act as if it is coming to you more easily each day. Soon your habit of pretending and the resulting success you’ll achieve will make your feelings match your behavior.

9. “TALK” MATHEMATICS

Ask your instructor or your tutor if you can explain to them what you have just learned and if you could demonstrate your knowledge by doing a new problem. You learn by teaching.

10. DEVELOP RESPONSIBILITY FOR YOUR OWN SUCCESSES AND FAILURES.

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