Addressing Math Anxiety

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2014
There was a time when math anxiety didn’t exist....
You were born a curious child and the world around you was a place to explore...
Learning new things was exciting and you couldn’t get enough of it....
Then your learning became more formalized... you were introduced to a place called “school”.
There were all kinds of things to learn in school and one of them was math.....
Counting made sense... groupings things “in tens” made sense...
One plus one always equaled two..... that wasn’t so hard to remember!
Learning to “take away” wasn’t so bad either... if you were lucky the teacher made sense of subtraction by showing you the inverse relationship with addition!
Then came multiplication...
And the PRESSURE to memorize the table of facts....
The embarrassment of being put on the spot...
Sometimes the simplest things started becoming confusing....
THE CALCULATOR.
Was it a tool or a crutch?
Sometimes it made homework easier...
But there was no hiding during exams...
Math became a source of discomfort and anxiety.
Parents and teachers became frustrated.... and perhaps said things that were unkind.
All the pressure made things worse....
Numbers, letters, symbols....
all seemed so beyond what we could comprehend.
Going into hiding seemed to be the only solution....

avoid math as much as possible!
Math Anxiety Exists...
But IT CAN BE CHANGED
The following are resources that are right at your fingertips as a Tri-C Student.
Cuyahoga Community College Tutoring Center
An amazing and free resource on campus is the Tutoring Center. Many students have said that this is the top reason they were successful in their math course. Check out their website for locations and hours.

http://www.tri-c.edu/studentsuccess/tutoring/Pages/default.aspx
Cuyahoga Community College
Smart TV
Did you know you have access to recorded videos of various math classes and student success workshops offered at Tri-C? Check out the website below and use this as an opportunity to work ahead or review material while listening to another professor. Great resource!

http://tricsmarttv.pegcentral.com/index.php
MEET WITH YOUR PROFESSOR...

THEY LIVE FOR THAT STUFF!!!
Office hours are a great opportunity for one-on-one time with your instructor. Addressing your concerns will lessen your anxiety. Your professor may have specific suggestions or resources to help you out. Do this early and continuously throughout the semester!
Record Your Lectures...(and more importantly, listen to the recordings).

**Always ask for permission before recording others.**
WHERE DO YOU SIT IN CLASS?
Use the Internet for Videos and Extra Practice....

Khan Academy is a great place to start.

www.khanacademy.org
Cuyahoga Community College also offers students professional counselors to address academic, career, and personal counseling. Another resource to help you lessen your anxiety!

http://www.tri-c.edu/counseling/Pages/default.aspx
Change is ONE THOUGHT AWAY........
Utilizing resources is the key to success...

However, you are ultimately in control of the messages you feed yourself.
WHAT ARE THOSE MESSAGES?
I’m STUPID?
I’ll NEVER get this...
I’m NEVER going to use this...
Why bother learning it?
My _______________ was right......

I CAN’T DO THIS!
This is the worst professor..... EVER!!!
(We resort to blaming others....)
Something is WRONG with me...
Change is ONE THOUGHT AWAY......