

# TEN WAYS TO CUT DOWN ON MATH ANXIETY

1. You are not alone! Relax! Many people dislike and are nervous about math. Even mathematicians are unsure of themselves and get that sinking feeling called math anxiety when confronting a new problem.
2. If you have math anxiety, admit it. If you pretend not to have it, you will not learn to overcome or manage it.
3. If you're having math trouble, practice a little math each day. Do you think that Mozart learned how to play the piano by just watching?
4. Ask questions. Some people think this is a sign of weakness. It's not. It's a sign of strength. In fact, other students will be glad too.
5. Do math in a way that's natural for you. Each mind has its own method. Don't give up; work to understand it in your way.
6. Notice your handwriting when you do math. The sloppier it gets, the more confused or angry you probably are. When it gets really sloppy, STOP. Don't let your attitude interfere with math.
7. Know the basics. Be sure you know your basic math facts. Math builds on itself. You might have to go back and re-learn that stuff. It's never too late to learn, besides your older now!
8. Don't go by memory alone. Try to understand your math. Memorizing is a real trap. When you are nervous, memory is the first to go.
9. Trouble with the text? Get another math book.
10. Get Help, everyone needs help now and then. Try to form a study group. Two heads are better than one.