



## **MATH AVOIDANCE & ANXIETY: WHAT IT IS & WHAT TO DO ABOUT IT**

### Tips For SUCCEEDING In Math

- Most college students will have to take some math – stop putting it off and get started!
- Select math classes that meet at least 3 times a week to increase the frequency of exposure to the material. Also, schedule math during the time of day that you are at your best.
- Utilize tutoring resources on your campus – do this throughout your time in math classes, not just when you realize you're struggling with math.
- Use anxiety-reducing techniques before/during math class, and especially at test time. (See below for some suggestions)
- Be present in math class every time it meets. Keep absences to a minimum.
- Take notes on all material shared during class, especially when your teacher works a math problem on the board.
- Review notes prior to each class session.
- Do some math homework every day.

### Some Common Signs of Math Anxiety

- Avoiding math courses
- Hoping the teacher won't call on you during math class
- Poor performance in math courses
- Feeling nervous during math class, when engaging in math work, or during a math test
- Physical symptoms similar to those associated with generalized anxiety – shakes, sweating, dry mouth, heart racing, stomach ache, muscle tension, etc.
- Low self-esteem when it comes to math, or low opinion of one's ability to succeed in math

Most students feel nervous before a test or during certain classes.  
**THAT'S NORMAL!**

Some students experience feelings of anxiety, especially when it comes to math.

**THAT'S OKAY** – There are ways to overcome those feelings and succeed at math.

Want to know more? Keep reading!

### What Causes Someone to Feel Anxious About Math?

- Feeling unprepared in math
- A prior negative experience with math (for example, being criticized)
- Poor math instruction
- Family or peers' negative talk about math
- And there may be other reasons that we have not named here

### Some Things You Can Do To Reduce Anxiety

- Stretch tense muscles
- Take deep breaths
- Close your eyes and picture a calm, relaxing environment
- Tell yourself that you are capable of SUCCEEDING at math!

### Knowing When to Seek Professional Help

Counselors are available at every CPCC campus to assist with your concerns, including your concerns about math performance and the anxiety that some students feel as a result. Let us know how we can help.