



**UNDERSTANDING & MANAGING MATH ANXIETY WORKSHEET**

**I. Some Common Signs & Symptoms of Math Anxiety**

**(Place a check mark next to any that you believe you have experienced)**

- I avoid or put off enrolling in math classes
- I often miss class when I am enrolled in math
- I drop out of math class before completing
- I worry that the teacher will call on me to answer a question during math class
- I question my ability to succeed in life because I have trouble with math
- My mind goes blank during a math test, even if I felt prepared prior to the test
- I am afraid to ask questions in math class
- I am afraid I won't be able to keep up with the rest of the class in math
- I understand the material during class, but when I get home I don't understand
- I feel nervous about going to the board to work a problem in math class
- I have feelings of anxiety when taking math tests (such as shaky hands, sweating, increased heart rate, stomach aches, headaches, etc.)
- I fear math tests more than any other kind of test

**II. One thing you can do to begin focusing on your math coursework is to set a realistic goal for yourself in math. Some examples of this may include a certain grade that you believe you can achieve, a date by which you will enroll in your next math class, or how often you will plan to study for math. Use the space below to write down your personal goals as they relate to math. My personal goal(s) for math is(are)...**

\_\_\_\_\_

\_\_\_\_\_

**III. Consider the time of day that your mind is the sharpest. This is probably the time of day that you should be in math class and completing math homework. It could be morning, at night or another time. Write that time in here:** \_\_\_\_\_

**IV. During a math test or while completing math homework, you may need to ease stress by using some of the techniques listed below. Circle any that you are willing to try.**

- |   |   |  |
|---|---|--|
| take deep breaths   | stretch tense muscles   | close your eyes for 30 seconds               |
| visualize a calm place in your mind                           | take a short walk during study time                                     | sit quietly by yourself before taking a test |
| think positive things & tell yourself you can succeed at math | do something you enjoy after you study or after taking a stressful test |  |

Other: \_\_\_\_\_

**V. A Counselor can help you take a closer look at ways to succeed in math. Counselors are available at each CPCC campus, and their assistance is free of charge. Call them!**