



# Math Study Strategies

## Managing Math Anxiety

Diagnosing your math study strategies.

To understand that you are using the optimum Math strategy, you need to analyze your learning style, learning speed, your study environment, your Math language level and your math anxiety or anger.

- Keep a notebook or diary of emotions, feelings, thoughts any time you feel frustrated doing your homework, studying for a test, or even balancing a checkbook.
- Test yourself to find out what your learning style is (visual, auditory or kinesthetic).
- Time yourself when doing practice drill exercises to determine your learning speed.
- Minimize the noise levels or other disturbances when studying Math.
- Regulate your physical condition by doing mild aerobic exercises, muscle relaxation, deep breathing, and avoiding caffeine.
- Take responsibility for what the problem is and work to resolve it.