



Math Study Strategies

Managing Math Anxiety

TEN WAYS TO CUT DOWN ON MATH ANXIETY

1. You are not alone. Relax.
2. If you have math anxiety, Admit it.
3. If you are having math trouble, Practice a little math each day.
4. Ask questions. Some people think asking questions is a sign of weakness. It's not. It's a sign of strength.
5. Do math in a way that's natural for you. There's often more than one method to solve a math problem. Maybe the teacher's way stumps you at first. Don't give up. Work to understand it your way. Then it will be easier to understand it the teacher's way.
6. Notice your handwriting when you do math. The sloppier it gets, the more confused or frustrated you probably are.
7. Know the basics. Be sure you know your math from earlier classes. Fact is: Math builds on itself. You may have to go back and relearn or review previous material.
8. Don't go by memory alone. Try to understand math.
9. Having trouble with the text? Try referring to another math book.
10. Get help. Everyone needs help now and then. Try to form a study group with friends, or get a tutor, or take a review course.