



# Math Study Strategies

## Managing Math Anxiety

### Steps to cope with Math Anxiety

1. Diagnose your math Study Strategies

- Learning style
- Learning speed
- Math language level
- Math "anger"
- Optimum study environment

2. Improve Math strategies

- Acknowledge your anxiety
- Rework your negative thoughts
- Ask for help
- Develop study skills
- Improve testing skills
- Increase your self esteem

3. Celebrate