

Helpful Resources

WEBSITE LINKS

Math Tutorials

www.wtamu.edu/academic/anns/mps/math/mathlab/

Ten Ways to Reduce Math Anxiety

larc.asp.radford.edu/ten_ways_to_reduce_math_anxiety.htm

Study Resources for Math

www.howtostudy.org/resources_subject.php?id=16

MATH TUTORING

Sign up today for FREE math tutoring at University Center—south, located in the Resource Center, Rm. 280.

Adapted from the following information:

“Math Anxiety” handout,
Austin Community College

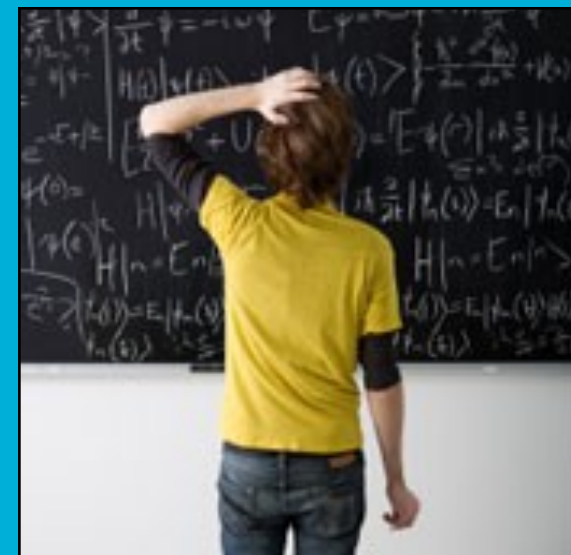
“Ten Ways to Reduce Anxiety” handout:
Learning Assistance and Resource Center,
Radford University

Mathpower.com



4801 N. Career Avenue
Sioux Falls, SD 57107
(605) 367-5640

www.sduniversitycenter.org



*Do You Have
Math Anxiety?*

www.sduniversitycenter.org

What is Math Anxiety?

Math anxiety is the anxiety a person may feel when working with numbers and taking math tests.

Symptoms and Characteristics

- Panic attacks
- Fear of failure
- Feelings of helplessness
- Fear of ridicule
- Sweaty palms
- Heart palpitations
- Mind “going blank”
- Success with homework, but failure with tests
- Procrastination of taking needed math courses
- Tuning out during class lecture

Why Do Students Get Math Anxiety?

Students are underprepared for class. MATH IS CUMULATIVE.

Students memorize rather than try to understand math concepts.

Self-Test

Rate your answers from 1 to 5; add them up and check your score below. (1) = Disagree, (5) = Agree.

1. I cringe when I have to go to math class. I am uneasy about going to the board in a math class.
2. I am afraid to ask questions in math class.
3. I am always worried about being called on in math class.
4. I understand math now, but I worry that it's going to get really difficult soon.
5. I tend to zone out in math class.
6. I fear math tests more than any other kind.
7. I don't know how to study for math tests.
8. It's clear to me in math class, but when I go home it's like I was never there.
9. I'm afraid I won't be able to keep up with the rest of the class.

CHECK YOUR SCORE:

40-50 Sure thing, you have math anxiety.

30-39 No doubt! The thought of doing math still makes you uneasy.

20-29 Perhaps!

10-19 Wow! Possibly a math major in the making!

How To Alleviate Anxiety

Go to every class. There is a strong correlation between attendance and overall grades.

“Warm up” for class by going over the previous classes notes and homework.

Sit toward the front and center of the classroom. You will hear and see better and stay more alert.

Do your homework as soon as possible after your class meets. The longer you wait the more information you will forget.

Learn relaxation techniques to do during a test. Practice them before each test.

Ask questions in class.

Get help! Your instructor is your first “go to” for help. You can also utilize a math tutor.

