

MATHLEAKS' 4 WAYS TO OVERCOME MATH ANXIETY



"The first step in conquering Math anxiety is acknowledging that you have it and want to overcome it."

<https://mathleaks.com/>

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MATH ANXIETY?

Have you ever felt nervous and stressed when your math teacher asks you a question or whenever you're working on your math assignments?

Before knowing ways to overcome math anxiety, we should gear ourselves up with basic knowledge of what it is.

The sense of intense anxiety, when confronted with mathematical problems, is not a rare occurrence. In fact, many people experience this type of feeling, and it's called math anxiety. Math anxiety is defined as a state of stress and apprehension that impairs mathematical performance ability, numerical manipulation, and problem-solving in a wide variety of everyday and academic contexts. If you ask around, you will see that many people have struggled with this fear at some point in their lives or are still struggling with it today. Some experts even believe that the fear of math can develop into a debilitating anxiety disorder before adulthood.

Whether you are a returning student, a high school student struggling with Algebra 2, or a parent of a teen, math anxiety is likely to surface at some point.

WHAT ARE THE SYMPTOMS OF MATH ANXIETY?



Math anxiety is a real thing, and it's not just an excuse to get out of homework; anyone can suffer from it, regardless of age or intelligence. It's possible that you've had math anxiety for your whole life or only started dealing with it late in high school or even college. Math anxiety can manifest in numerous different ways, and not all of them are obvious.

The clearest indicator of math anxiety is the inability to concentrate when solving mathematical problems. Math anxiety might cause you to be distracted by things like the sounds of other people around you or your mind wandering when trying to solve an equation.

When working on arithmetic problems, you might also suffer stress-related symptoms like nausea, sweating, palpitations, or shortness of breath. Math anxiety may be to blame if you're troubled by these symptoms every time you attempt a problem set.

Procrastination is another symptom of math anxiety. Putting off homework because you're worried about the consequences of failing is a common indicator of this kind of anxiety.

So, why does your brain freak out about this stuff? The answer is pretty simple: your brain doesn't like uncertainty. It's all about avoiding risk, and math can be a risky business. You're constantly calculating outcomes and figuring out whether or not they make sense—it's no wonder your brain gets overwhelmed with all that sensory data.

Luckily, there are ways to combat these symptoms so that you can stay calm while solving problems.



BE ORGANIZED

Have you ever wondered how good note-takers seem to remember every little thing their teachers say in class? Well, guess what? It's not because they're naturally better at math than you are. It's because they know where to find the information that they need and don't have to waste time searching.

If you want to keep the anxiety at bay, get organized!

The first step in getting organized is to keep a clean, organized notebook for your math classes. It's easy to lose track of your notes and homework assignments when they're scattered across multiple sheets of paper that you have to keep digging through. And when you don't know where anything is, it's easy to feel overwhelmed.

A good math notebook can help you keep on top of things. Write down any vocabulary you have to remember and any properties or formulas that you need for the class. Keep a list of theorems and procedures so you don't have to remember them all by heart. If it helps, organize your lists into categories so that similar items are grouped for easy reference later.

THINK POSITIVE



To help combat this anxiety, watching what you tell yourself is essential. When approaching a new math topic or problem, start by reinforcing your abilities. Try using positive affirmations like "I will succeed in this course" or "I love math!" These statements remind you that you can do well in math and that it is not as scary as it might seem at first. The more you do this, the more it will become a habit, until eventually, instead of tearing yourself down all the time, you'll have a whole new perspective on your ability to learn and grow as a person.

You are not alone in feeling this way about math, but you can overcome these feelings and succeed in the subject.

KEEP ON PRACTICING!

Let's say you have an upcoming exam. You're probably feeling pretty nervous about it. But if you just read the textbook a few times and have been attending your classes, you know more than you think you do.

That's why it's so important to keep testing yourself, and not just the day before the big test. Keep quizzing yourself repeatedly on what you learned in class or from your textbook. That way, when it comes time for the exam, your brain will be able to recognize what's familiar and what isn't which in turn will help you process the information much more efficiently.

Get comfortable with being uncomfortable. Maybe you're used to getting things right the first time – or close to it. But learning math is about practicing until you get it right; it's about being wrong repeatedly and not giving up.

Think of the mistakes you make as opportunities to learn something new.

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IN CLOSING

It's time to stop struggling with your math homework and enjoy it. Mathleaks has a variety of options for you, including a web platform and app that provide eCourses, solutions to various textbooks, and a community of students and parents also looking to overcome their mathematical challenges.

At Mathleaks, we understand how hard it is to get students excited about doing their math homework, especially if they have math anxiety.

That's why we developed an approach that takes the chore out of math and makes it fun!

Sign up today to learn how we can help you enjoy learning math.

<https://mathleaks.com/>

