

REDUCING MATH ANXIETY

Teacher Guide

Math anxiety and harmful attitudes can be debilitating. It cuts off mathematical progress and can limit potential for so many students!

Fostering a **risk-taking classroom** with a **growth mindset** can help reduce the impacts of math anxiety.

Symptoms

But I'm creative

Math is about being fast

I'm not a math person

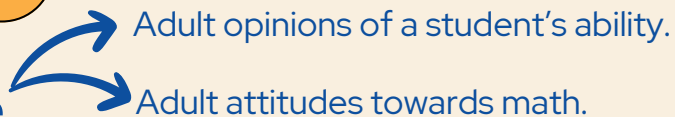
Math is just about rote learning

Math is irrelevant, I'll never use it anyway

Harmful Attitudes

Cause 1

ADULT ATTITUDES



Addressing Cause 1:

Teachers

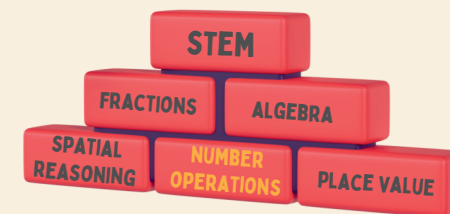
- Build your own confidence (forums, podcasts, lessons observations)
- Professional Development
- Collaborating with other teachers
- Be aware of your attitudes and how you communicate them

Parents/carers

- Equip + educate parents/carers
- Get families involved in real math
- Encourage parents to reflect on their own attitudes
- Be open (& strategic) with parents
- Foster a learning partnership

Cause 2

LACKING A SOLID FOUNDATION IN NUMERACY



Addressing Cause 2:

- Build Procedural Fluency in numeracy.
 - Build automaticity through strategy
 - Help students make connections
- Get students thinking
- Develop Number Sense and focus on conceptual understanding

PURPOSEFUL PLAY

NUMBER TALKS

PROBLEM STRINGS

THIN SLICING

Cause 3

UNHELPFUL CLASSROOM PRACTICES

- Overemphasis on
 - Competitive grading
 - Rote memorization
 - Solely right/wrong answers
 - Timed tests/drills
 - Textbooks only
- Public shaming or calling out students
- Rushing through topics
- Lack of real-world applications
- Minimal feedback or only negative feedback

Addressing Cause 3:

Foster a safe risk-taking classroom where:

- Students' most important needs are met
- Success is redefined around 'learning' rather than 'performance'
 - Assessment complements the learning focus.
- Students experience success
- Challenge student's negative perceptions
- Lessons are engaging
- Make the math accessible
- Address math anxiety in your class

MORE INFORMATION

For a resource list exploring math anxiety, head to the following address:

www.numberhive.app/resource

www.numberhive.app

