

Math Anxiety

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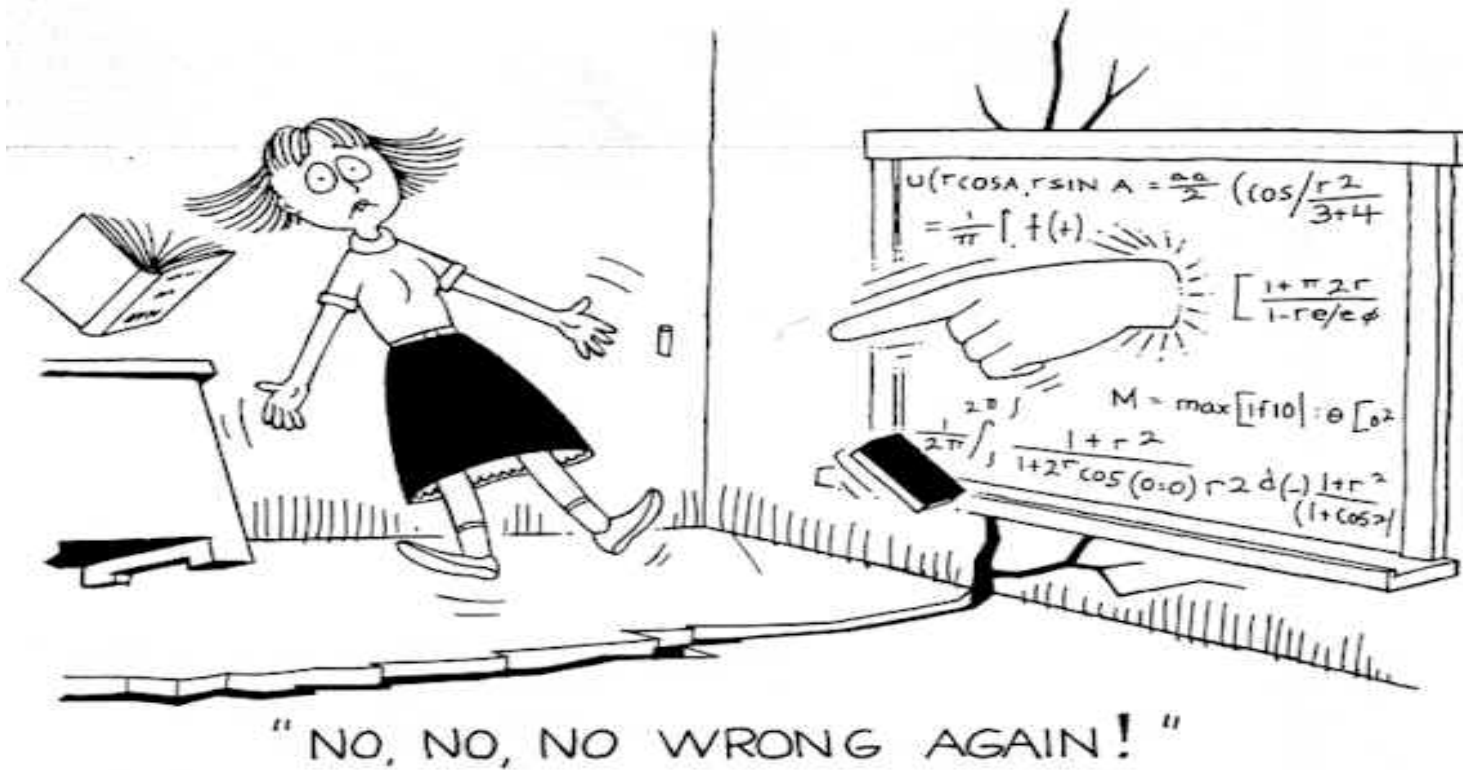
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Aneesha Motwani

Roadmap

- What is Math Anxiety?
- Causes
- Measuring Math Anxiety
- Math Anxiety Model
- Solutions for Math Anxiety

Math Anxiety



What is Math Anxiety?

- A feeling of tension, apprehension, or fear that interferes with math performance.

Mark H. Ashcraft

- Negative feelings about math, not lack of ability, can directly interfere with learning math. These negative feelings include hating or disliking math, nervousness, fear, anxiety, worry, and/or tension when learning math or taking math tests. The presence of any such feelings, if they interfere with taking or learning math, can be termed "math anxiety."

Causes

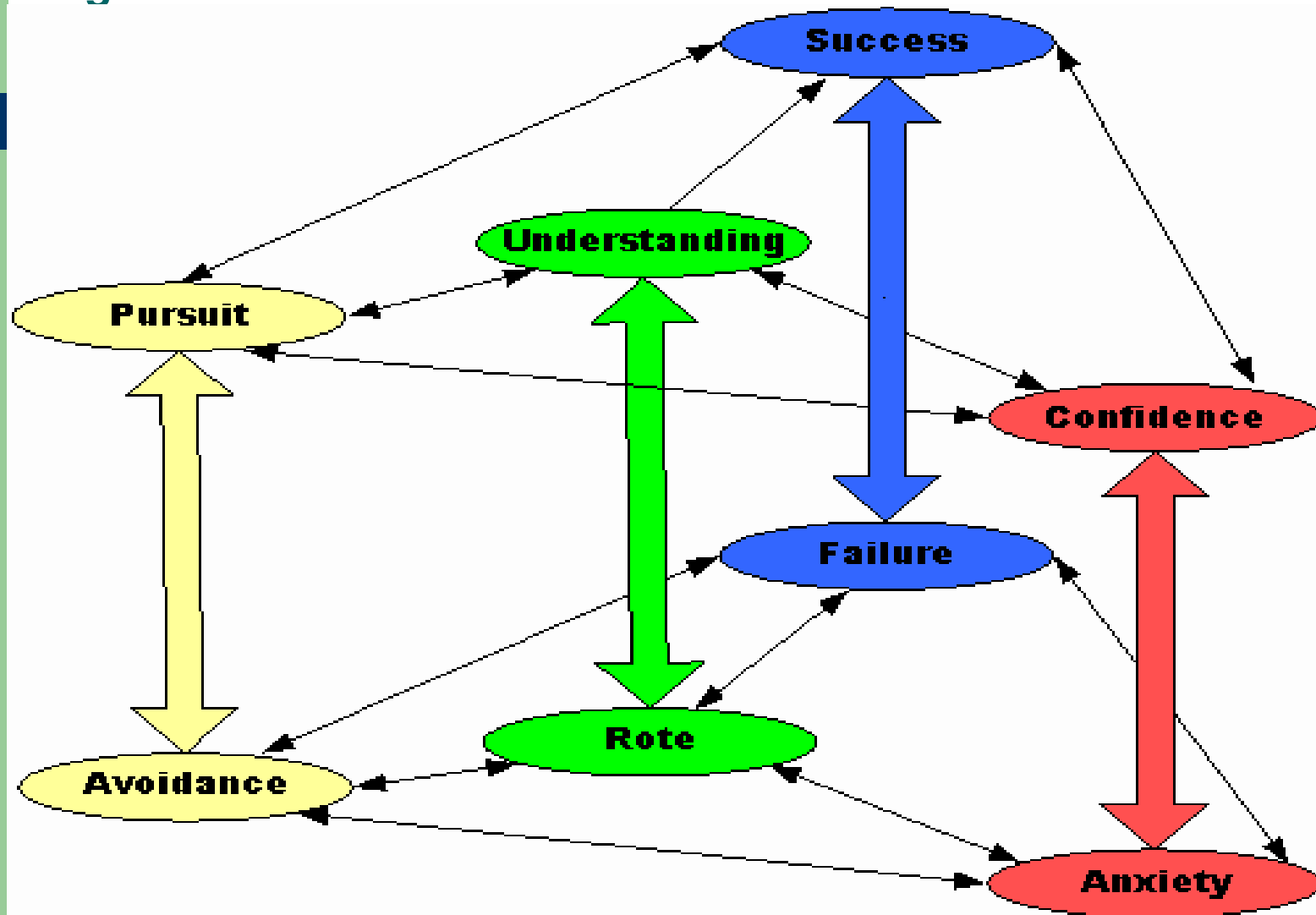
- Way of teaching math in school - Math is taught through rote learning method in elementary school
- Anxiety is passed from parents to their kids
- Anxiety is passed from teachers to students
- Stems from unpleasant past experience in math performance
- Social pressures
- Time deadlines

Measuring Math Anxiety

- The first math anxiety measurement scale was developed by Richardson and Suinn in 1972
- There have been many rating scales after MARS –
 - sMARS
 - MARS A
 - AMAS etc
- Math Anxiety Test online
<http://www.mathipedia.com/student-math-anxiety-test.html>
- <http://www.mathpower.com/anxtest.htm>

Math Anxiety Model

virginia W. Strawdeman

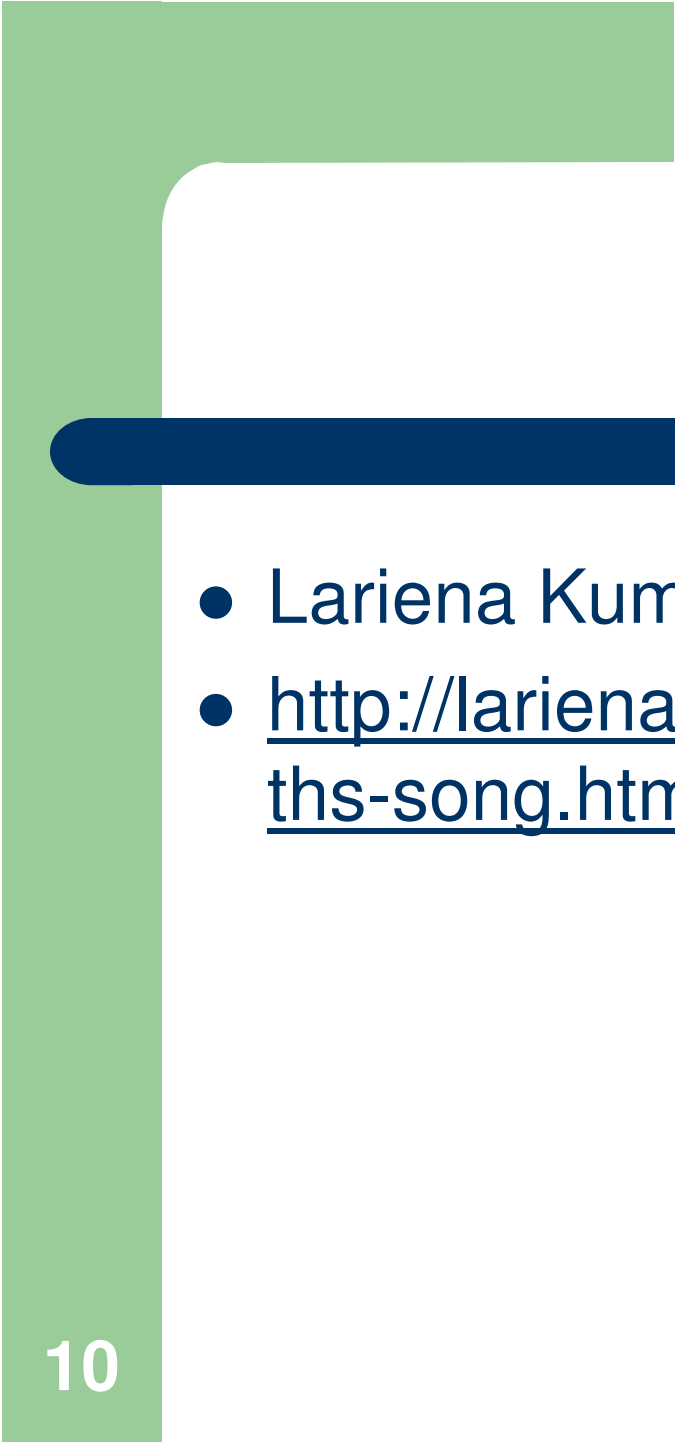



Solutions

- Build a positive attitude towards math. This will build self-confidence and thus reduce anxiety.
- Parents -- positive reinforcement instead of negative criticism.
- Teachers -- re-examine traditional teaching methods and replace them with new learning styles.
- Parents and Teachers – STOP COMPARING kids with each other
- Anxiety reduction through NLP (Neuro Linguistic Programming)
NLP teaches you how to change your unwanted actions into excellent actions and behavior
- Practice Meditation and Pranayam.

Possible Solutions

- Use X-box Kinect to teach math
- Use interactive games
- Ask Mr. Ajay Joshi or Mr. Aditya Kapoor to design personalized games for teaching math in schools (using open source)

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- Lariena Kumar's math song
 - <http://larienakumar.blogspot.com/2011/12/maths-song.html>



Thank You