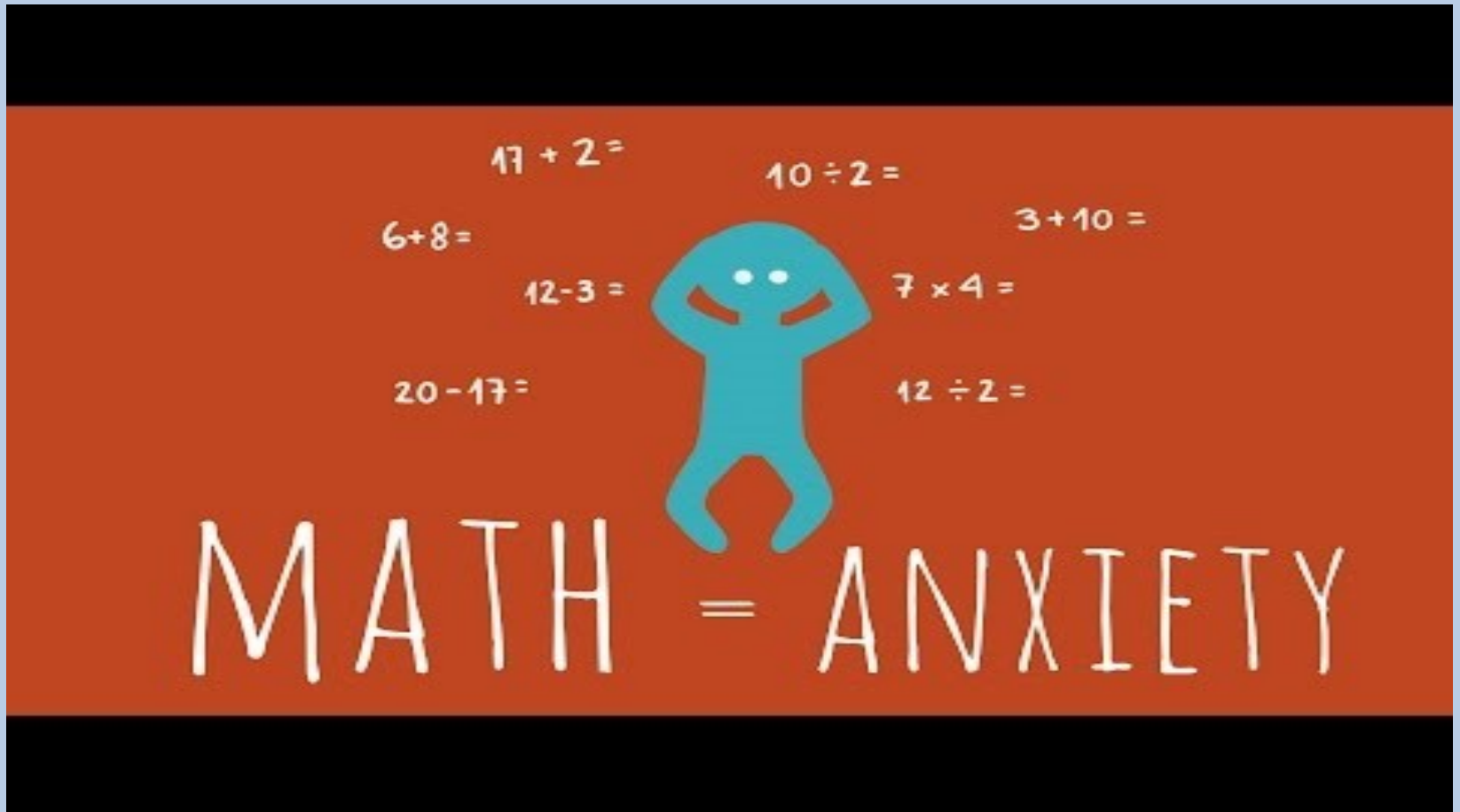


What is it?

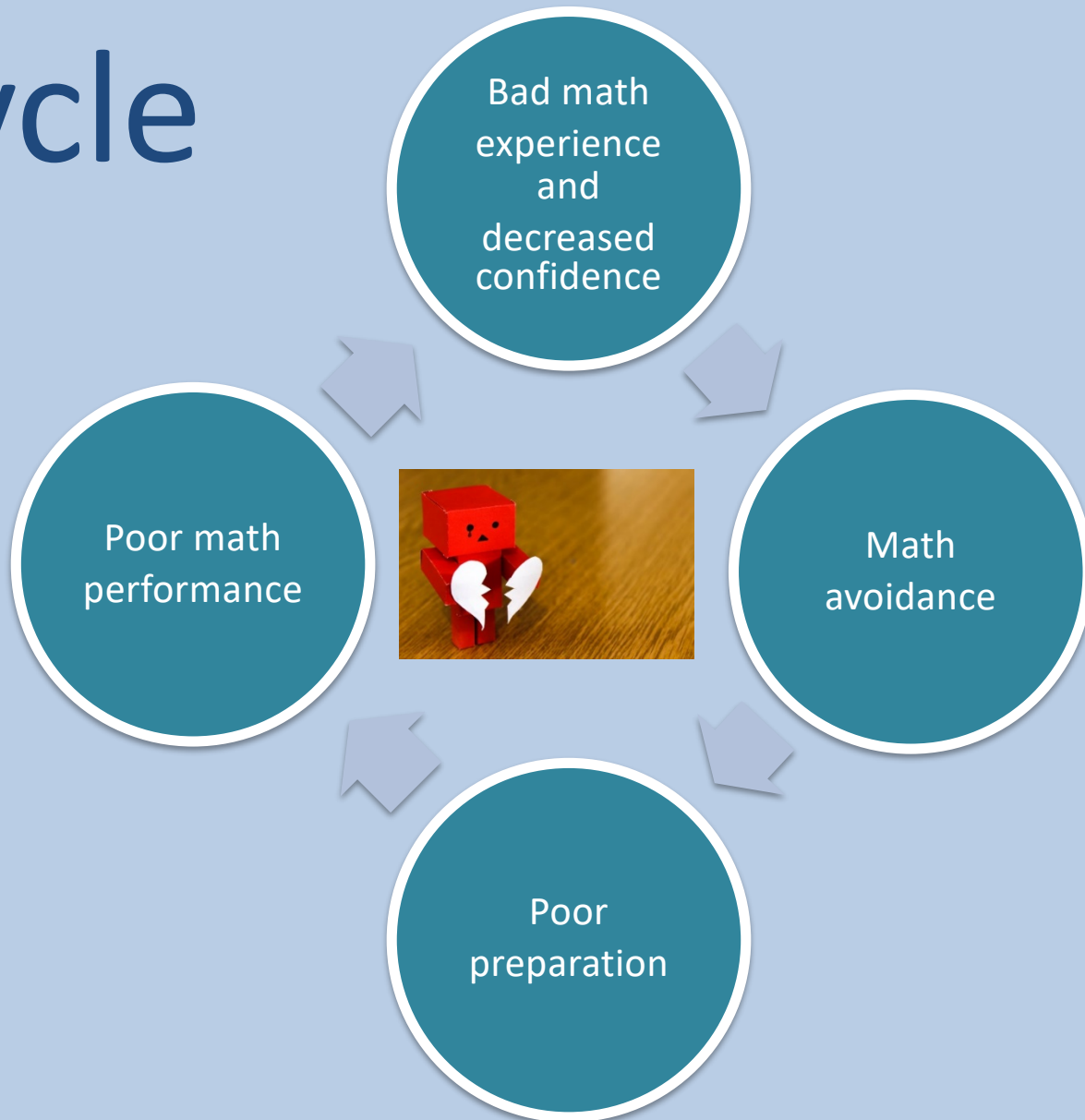


HEQCO study claims 80% of college
(25% of university) students
experience math anxiety!



Click [here](#) for the reference.

Cycle

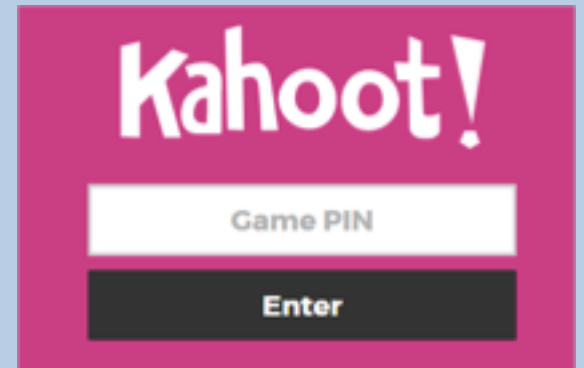


Tackling Myths - Kahoot

Discuss math myths that exist.

Go to Kahoot.it

Enter the code:



Math Mantra

Write your own Math Mantra using the guided imagery as a starting point.



Metacognitive – Exit Ticket

Give students a chance to reflect on their work and habits in order to help promote more effective strategies.

Estimate your grade on this assessment. Why do you think you got that? Name a topic you need more help with.

For question number 12, rate your confidence on a scale of 1 to 5. 1 being “really not confident” and 5 being “very confident”. Describe one thing you could have done to help increase your confidence, or one strategy you used to ensure you were confident.

Expressive Writing

Likely lessens the math-related worries and pervasive thoughts, allowing the working memory to work at a higher capacity.

Write as openly as possible about your thoughts and feelings regarding the math problems you are about to perform on the Excel spread sheet. In your writing, I want you to really let yourself go and explore your emotions and thoughts as you are getting ready to start the second set of math problems. You might relate your current thoughts to the way you have felt during other similar situations at school or in other situations in your life.

Tools

KAHOOT

Creating a positive learning environment / tackling myths early

METACOGNITIVE

Encouraging learners to think about their learning and how they can improve

EXPRESSIVE WRITING

Introducing a tool for learners to use when anxiety is high

MANTRA

Another tool for learners to utilize when anxious

BAM!

- **Breathe**

- From the pit of your belly. This helps to activate the calming (parasympathetic) part of your nervous system.

- **Acknowledge**

- That you are in fact experiencing anxiety, and think about how interesting that is. This helps to pull you out of your anxious brain regions, and activates your logical brain regions.

- **Move**

- If possible, get up and get moving. Improved circulation will stimulate systems that reduce anxiety. If you aren't able to move around, try a mini [body scan](#) in your seat.