

Ten Ways To Reduce Math Anxiety

1. Overcome negative self-talk.
2. Ask questions.
3. Consider math a foreign language -- it must be practiced.
4. Don't rely on memorization to study mathematics.
5. READ your math text.
6. Study math according to YOUR LEARNING STYLE.
7. Get help the same day you don't understand.
8. Be relaxed and comfortable while studying math.
9. "TALK" mathematics.
10. Develop responsibility for your own successes and failures.

Source: <http://www.mathpower.com/reduce.htm>

Math Anxiety Code of Responsibilities

1. I have the responsibility to attend all classes and do all homework as assigned.
2. I have the responsibility to recognize the rights of others to learn at their own pace.
3. I have the responsibility to seek extra help when necessary.
4. I have the responsibility to see the teacher during office hours or to schedule an appointment for assistance.
5. I have the responsibility to come to class prepared; homework finished; and/or with questions to ask.
6. I have the responsibility to speak up when I don't understand.
7. I have the responsibility to give math at least the same effort I give to other subjects.
8. I have the responsibility to begin my math study at my current skill level.
9. I am responsible for my attitudes about my abilities.
10. I have the responsibility to learn about instructors prior to registering for class.
11. I have the responsibility for learning and practicing relaxation skills.
12. I have the responsibility to act as a competent adult.
13. I have the responsibility to approach math with an open mind rather than fighting it.
14. I have the responsibility to be realistic about my goals and expectations.

Source: <http://home.capecod.net/~tpanitz/ccchtml/responsibilities.html>