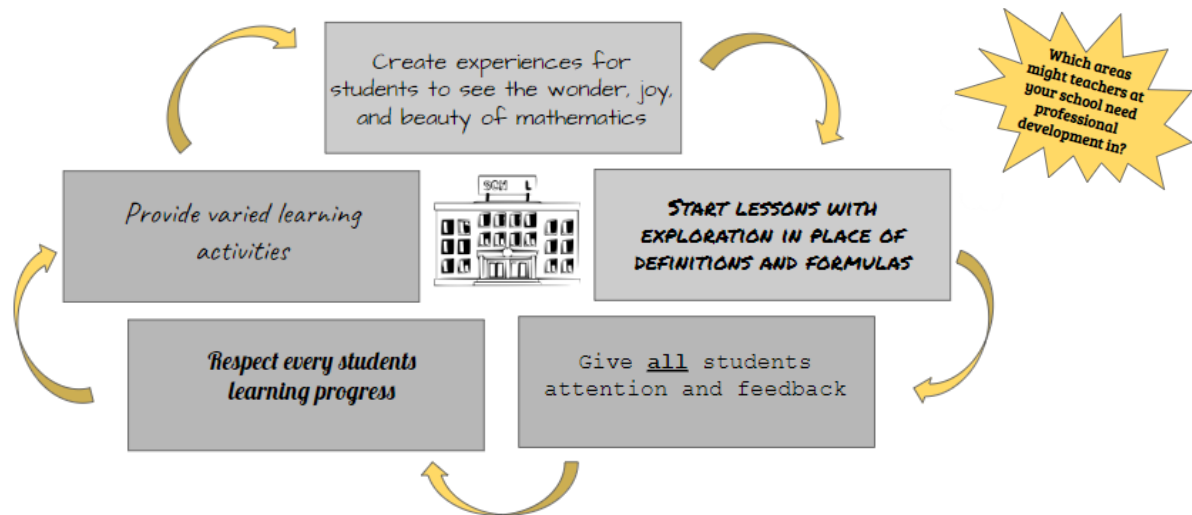

















Navigating Math Anxiety to Guide Students Back on Track

With Julia Keith and Kelly Penny

What to do to combat Math Anxiety?



Strategies for Student Math Anxiety

Create experiences for students to see the wonder, joy, and beauty of mathematics	START LESSONS WITH EXPLORATION IN PLACE OF DEFINITIONS AND FORMULAS	Give all students attention and feedback	Respect every student's learning progress	Provide varied learning activities
Real world examples 	Conceptual understanding vs. procedural understanding 	Provide time to talk about assessments 	Removing hard deadlines 	Collaborative Work 
Topics that interest students like the Abstract Art or a Writing Journal 	Increase autonomy 	Provide emotional support in mathematics classrooms 	Selective, clear homework 	Varied entry points for all learners 
Project-based learning 	Use manipulatives & representations 	Data chats with students to discuss goals 	Help students view a situation as a challenge vs. a threat they should avoid 	Choice Menus 

Strategies to mitigate Teacher math anxiety

