Math anxiety is an emotional reaction to mathematics based on a past experience, which harms future learning.

- **You are not alone.**
  Many people dislike or are nervous about math. Many students experience a panicky feeling when confronted with a new type of problem.

- **Relax.**
  Remember, with anxiety the threat is mental, the symptoms are physical. Focus on relaxing a tense part of your body. Take a deep breath. Slowly exhale. Get enough sleep, exercise, and eat well.

- **Ask questions.**
  Asking questions is not a sign of weakness. Many other students have the same questions. They’ll be glad you asked. Ask after class, in office hours, a tutor or a friend.

- **Don’t just memorize.**
  Try to understand your math. When you are nervous or stressed, memory is the first thing to go.

- **Trouble with the textbook?**
  Get another book from the library or online. Maybe another source will explain things better for you.

- **During a test…**
  Get to class early and sit in your usual spot. Read the instructions carefully and go to a familiar question first. Show all your work. Don’t spend too much time on any one question. Don’t worry about what other students are doing. Stop and take a deep breath if you start to panic.

- **Math anxiety is learned…unlearn it.**
  Practice a little math each day (start with something easy) to gain confidence and skill. Math builds on itself, so go back and learn the concepts you missed before.

- **Stop negative thoughts.**
  Avoid irrelevant thoughts and putting yourself down. Substitute neutral statements for negative statements. “I’ve worked hard to learn the material. Let’s see how I do.”

- **Keep a math journal.**
  Reflect on your progress in class. Write down your emotions as you “do” math. Frustrated, thrilled, confused,… Practice using math words…it’s a new language.

- **Do math in a way that’s natural.**
  There’s often more than one way to work a math problem. Work to understand it your way. Then it may be easier to understand the teacher’s way, or you can ask if your way is acceptable.

- **Get help!**
  Everyone needs help now and then. Form a study group, take a review course, go to the Math Lab, and work with a tutor. Don’t wait until you’re lost to ask for help.