

Turning the Negatives into Positives – Tackling Mathematics Anxiety in the Post-Primary Class

When a student feels uncomfortable in their mathematics class, and that experience is repeated, it can lead to the development of anxiety towards mathematics. If not recognised or not addressed, mathematics anxiety will lead to a dislike and/or avoidance of this essential subject. A responsive and supportive teacher can bring the student back to a productive learning space. With consideration for both student and teacher of mathematics, Maria will talk about the nature of mathematics anxiety for the post-primary student, the contexts that give rise to mathematics anxiety, and how these strong negative feelings can be alleviated.