The Impact of Math Anxiety and Optimal Strategies for Understanding and Coping With It

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Abstract:
As our society becomes more technologically advanced, math understanding and aptitude continues to take on a more central role. Consequently, lack of math skills can diminish a student's future job prospects, and a number of students, for many different reasons, develop a self-identity as a poor math student that allows them to cope with a lack of math success. However, research has shown that as many as 80% of those students that believe they lack innate math competency actually, in fact, have reasonably adequate math skills, and are hindered more by their own belief in their mathematical inadequacy than by some fundamental math disability. By using empirically-tested general- and math-anxiety treatment methods, it is possible to help students treat this “math anxiety,” and this is the foundation of the included math anxiety manual. The project will result in the creation of a manual that will offer students ways for understanding and coping with math anxiety.

Description:
This research project was completed in partial fulfillment of the requirements for the Master of Education in Curriculum and Instruction. 82 pages.

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- Master of Education
Coping is intimately related to the concept of cognitive appraisal and, hence, to the stress-relevant person-environment transactions. This research investigates the relationships between coping strategies employed by an individual and outcome variables such as self-reported or objectively registered coping efficiency, emotional reactions accompanying and following certain coping efforts, or variables of adaptational outcome (e.g., health status or test performance). Individual differences in coping with stress and anxiety. In C D Spielberger and I G Sarason (Eds), (1978). Stress and Anxiety (pp. 233–260). Math anxiety is a significant and very real problem for students all over the world and nothing to be ashamed of. In fact, adding shame to what is already a difficult situation will only make things worse. This post is designed to provide an overview of math anxiety and to suggest strategies for coping with it in real world scenarios. in it, we will discuss the following topics: A general description of the condition. The symptoms of math anxiety as they manifest in different students. Possible Causes of Math Anxiety. The Links between math anxiety, patterns of avoidance, and performance. Sugg