

Overcoming Maths Anxiety

What is Maths Anxiety?

Maths anxiety is a negative reaction to learning or using maths, which affects individuals physically, psychologically, and emotionally.

Common effects include:

- Physical: feeling sick, shortness of breath, racing heart, sweating, increased stress response
- Psychological: negative self-talk, brain fog, memory loss, poor self-confidence
- Emotional: panic, fear, or apprehension

The Maths Anxiety Cycle

Maths anxiety often develops into a vicious cycle of negative experiences, avoidance, poor preparation, and poor performance.

- Negative maths experience – feeling embarrassed, pressured by timed exams, rote learning, or lack of support
- Maths avoidance – procrastination, skipping maths-related tasks, avoiding feedback
- Poor preparation – cramming, avoiding practice, relying on memorisation, negative self-talk
- Poor performance – failing exams, freezing in class, low grades, negative feedback

The good news is that you can break the cycle at every step!

Strategies for Managing Maths Anxiety

1. Being Self-Aware

- Self-awareness helps you identify strengths, recognise unhelpful patterns, separate feelings from facts, and build better coping strategies.

2. Goal Setting

- Set realistic, achievable goals to break down big tasks into manageable steps. Track progress to build momentum and confidence.

3. Improve Study Habits

- Practice maths daily, explore resources like Khan Academy or YouTube (e.g., Eddie Woo), and book LSA appointments for personalised support.

4. Self-care

- Be kind to yourself, celebrate progress, and manage stress with sleep, nutrition, and physical activity.

5. Asking for Help

- Check Moodle, use discussion forums, ask early, form peer study groups, and utilise the university resources that are there to help you!



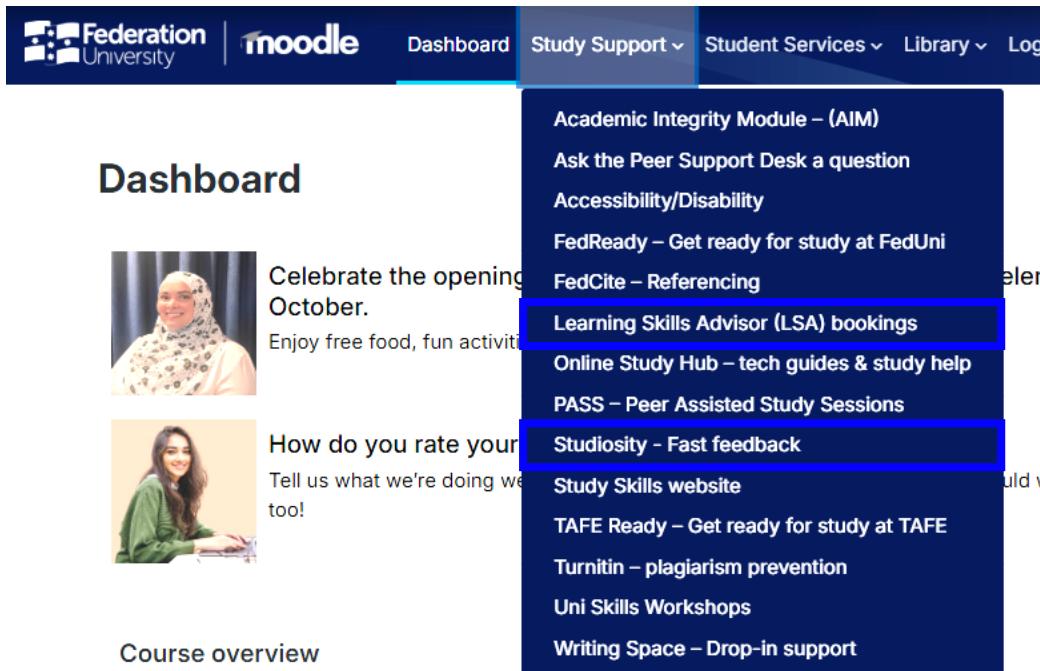
Find this helpsheet online
studyskills.federation.edu.au

Fun & Low-Stress Ways to Engage with Maths

- Budgeting – calculate percentages of pay, savings, or spending
- Shopping – work out discounts and compare value
- Cooking – adjust recipes and convert measurements
- Puzzles and games – Sudoku, Nerdle, Mathler, and logic puzzles

Further support

- Learning Skills Advisors (LSAs) – book appointments for in-person or online support



The screenshot shows the Moodle dashboard of Federation University. At the top, there is a navigation bar with the Federation University logo, moodle, Dashboard, Study Support (with a dropdown arrow), Student Services (with a dropdown arrow), Library (with a dropdown arrow), and Log out. The 'Study Support' menu is open, showing various options: Academic Integrity Module – (AIM), Ask the Peer Support Desk a question, Accessibility/Disability, FedReady – Get ready for study at FedUni, FedCite – Referencing, Learning Skills Advisor (LSA) bookings (which is highlighted with a blue box), Online Study Hub – tech guides & study help, PASS – Peer Assisted Study Sessions, Studiosity – Fast feedback (which is highlighted with a blue box), Study Skills website, TAFE Ready – Get ready for study at TAFE, Turnitin – plagiarism prevention, Uni Skills Workshops, and Writing Space – Drop-in support.

- Discussion forums – ask questions and learn with peers
- Studiosity – online tutoring support available anytime
- External resources – Khan Academy, Eddie Woo, Wolfram MathWorld
- AI tools – generate practice problems (but always double-check answers!)



Find this helpsheet online
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