

# Working with Math Anxiety

You're not alone. Many, many students have to deal with math anxiety. This term refers to the feelings of fear and frustration you sometimes get when doing math. By identifying these symptoms and taking steps to eliminate them, you can lower your anxiety a great deal. List your symptoms on the left-hand side of the page. Then work with your teacher to come up with ways to combat them.



Symptoms of My  
Math Anxiety

Positive Steps I Can  
Take to Lessen My  
Math Anxiety

