Why Do People Get So Anxious About Math?

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<https://tinyurl.com/mathanxiety141>



1. Researchers think about \_\_\_\_\_\_\_\_\_\_\_ % of the population suffers from math anxiety. (1 p)
2. Math anxiety \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the resources of working memory. (1 point)
	1. Increases
	2. Decreases
	3. Does not affect
	4. Improves
3. Math anxiety may be the result of: (1 point)
	1. The environment (i.e. parents, teachers, friends, society, etc.)
	2. Working hard on mathematical problems
	3. Learning about the creative and beautiful aspects of mathematics
	4. Relaxation techniques
4. Since math anxiety is \_\_\_\_\_\_\_\_\_ and is frequently associated with \_\_\_\_\_\_\_\_\_ skills, it is vital to understand what it is. (1 point)
	1. Rare; good
	2. Uncommon in schools; excellent
	3. Widespread; poor
	4. Not ignored; good
5. Math anxiety may hinder mathematical achievements since: (1 point)
	1. It involves feelings of tension that interfere with the solving of mathematical problems
	2. It may lead to avoidance from mathematical tasks
	3. It includes low self confidence in one’s ability to learn math
	4. All of the above
6. Is math anxiety a different name for “being bad at math”? (1 point)
	1. Not necessarily: A person could perform better at math if he or she didn’t suffer from math anxiety
	2. Yes: Low math ability always results in math anxiety
	3. Yes: The proof for this is that professional mathematicians never suffer from math anxiety
	4. No: Math anxiety is not related to math performance
7. Research in psychology, neurosciences, and education has revealed techniques that can reduce math anxiety. Name 3 different techniques that might help in reducing math anxiety and explain how they can improve math performance. (3 points)
8. How does math anxiety affect working memory, and why do such changes in working memory interfere with math performance? (2 points)