

**Math Anxiety: An LEC Workshop Exercise**

For extra credit, you must complete this worksheet and have it signed and stamped by a LEC employee.



Student Name \_\_\_\_\_ Date \_\_\_\_\_

1. Name two experiences that may have contributed to a student's negative feelings about math.
2. What is good about making mistakes?
3. Does intuition or "guessing" have any importance in math?
4. Write down a few self-defeating thoughts you have had about math.
5. Replace the self-defeating thoughts with positive statements about your math ability.
6. Name two reasons why study groups are successful.
7. Name two relaxation techniques.
8. Why is learning to relax important for doing math?
9. Name two additional LEC resources.