

Conquer Math Anxiety

The *Conquer Math Anxiety* sessions provide support and interpersonal growth for students struggling with math anxiety and avoidance. These sessions provide students with the opportunity to share their experiences and explore interpersonally with students who face similar challenges. Participants will receive support from the facilitator and each other in employing effective strategies to address math anxiety/avoidance issues.

Discussion Topics:

- Definition of Math Anxiety
- Causes of Math Anxiety
- How Math Anxiety Affects Learning
- Reducing Math Anxiety and Math Test Anxiety



Meeting Day/Time: Tuesdays, 3:00 – 4:00 pm

Session 1: September 13, 2011 to October 11, 2011

Session 2: November 1, 2011 to November 29, 2011

Location: 2202 Shoemaker Building

Feel free to attend one, two, three or all the sessions!

Call the Learning Assistance Service for more information.



2202 Shoemaker Building
www.counseling.umd.edu/LAS/
Appointments: <https://lasonline.umd.edu>
301-314-7693