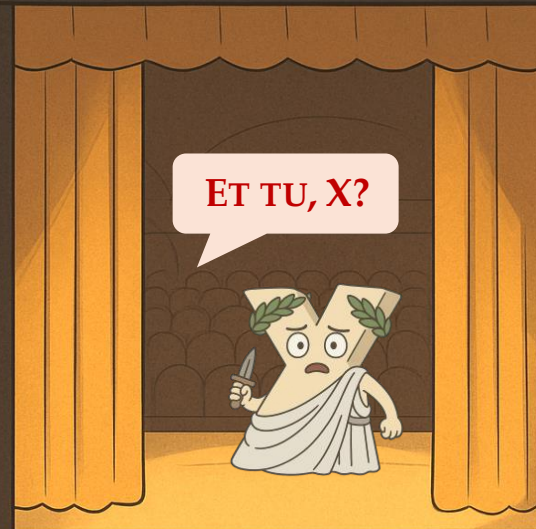
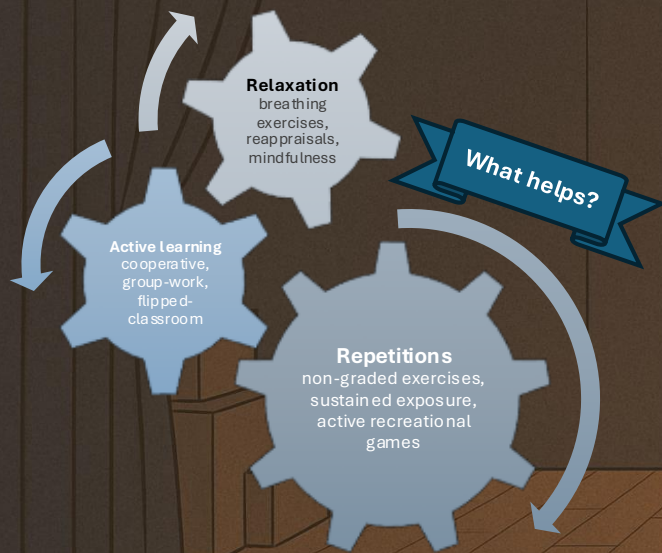


Mathematics anxiety

“feeling of tension or fear that disrupts the ability to work with numbers or solve math problems, even in otherwise capable individuals”



“I cannot do this right now.”

“I am not a maths-person.”

state

trait

Mathematics anxiety

Lower maths performance

affects cognitive & emotional processes

poor experiences reinforce

#CoCreatingGFI

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Mathematics anxiety concerns many people across society and causes difficulties for students in STEM fields. Addressing it as early as possible can be key in ensuring that learners shift their perspective on mathematics in a productive and durable way. Mathematical formalism is akin to a language, with its own logic and syntax, but translating it into an applied setting can often be non-trivial and requires progressive and positive experiences.

Source: Petronzi, D., Hunt, T. E., & Sheffield, D. (2021). Interventions to address mathematics anxiety: An overview and recommendations. *Current Studies in Educational Disciplines*, 169, 169-194.

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