

Title:

Counting our way out of anxiety

Word Count:

802

Summary:

The article is about the prevalence of math anxiety among school children which is attributed

Keywords:

math anxiety

Article Body:

Mathematics is still one of the most challenging subjects faced by ordinary grade school and h

Math anxiety is referred to as an intense feeling of helplessness or frustration about one's a

But what does make math difficult, or at least, different? According to math teachers, their

1. Math involves the study of various processes. In other subjects, you learn and understand t

2. Math is considered to be a linear learning process where one such process is taught and use

3. Like a foreign language, math must be practiced daily to retain your skills.

There are other reasons why math is very different from other subjects. But for sure, many ch

Now, what can we actually do to help children cope with math anxiety?

The first step is to recognize that math anxiety is an emotional response. It is not a perman

The second step is to know that certain myths and misconceptions have actually reinforced poor

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