Math Anxiety/Avoidance Group

This group provides support and interpersonal growth for students struggling with math anxiety and avoidance. This group provides such students with the opportunity to share their experiences and explore interpersonally with students like themselves. Members 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
- Types of Math Anxiety
- Causes of Math Anxiety
- How Math Anxiety Affects Learning
- Reducing Math Anxiety and Math Test Anxiety

Group Meeting Day/Time: Wednesdays 3:00 – 4:15 pm

Session 1: February 2, 2011 to March 2, 2011
Session 2: March 30, 2011 to April 27, 2011

Location: 2201 Shoemaker Building