

MATHS ANXIETY

It can be **VERY** real ...
... but **HELP** is at hand

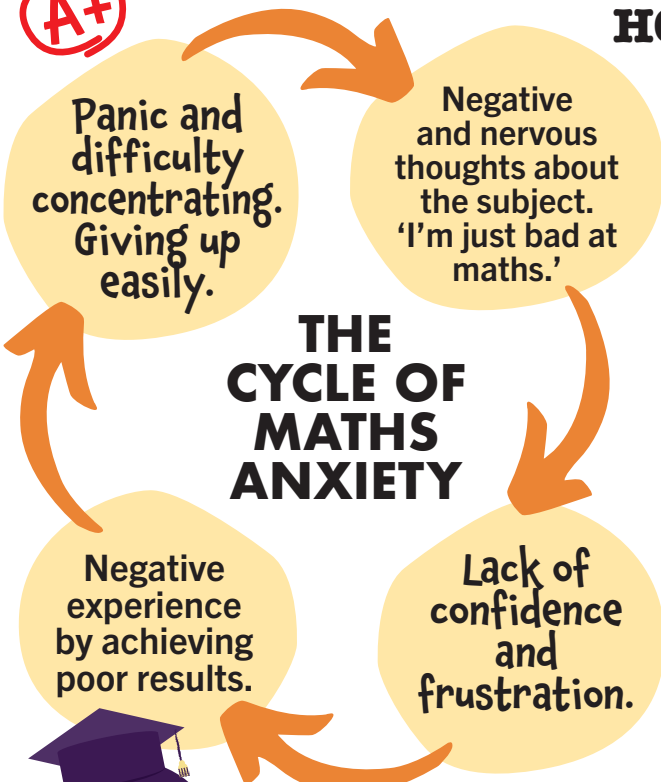


Maths anxiety is a very real feeling of intense worry, fear, or discomfort, related to the subject of maths – especially at test or exam times.

It can negatively impact the ability to do well in the subject even if you have the potential to ace it!

HOW TO SOLVE THE PROBLEM

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● ADJUST YOUR MINDSET

Replace 'I'm bad at maths' with '*I'm learning and improving.*' Positive mindset makes a big difference.

● CONNECT MATHS TO REAL LIFE

Connect maths to your interests: saving/pocket money, sports stats, cooking. This will make it feel more useful and less abstract.

● BABY STEPS

Tackle one problem, or maths concept at a time. Big tasks can make maths feel overwhelming.

● WORK HARDER

Accept the fact that you will have to put in more effort.

● ASK FOR HELP

ASK QUESTIONS AND SEEK HELP

- It's okay not to know everything.
- Asking questions is part of learning.
- It is not a sign of failure.
- Ask your teacher, a classmate, or a tutor.

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STOP, SCAN & STUDY!



Scan the QR code & get Maths study assistance!



MASKI IS HERE TO HELP!

Make full use of the AI study buddy to assist you whenever you feel overwhelmed and anxious about your maths performance.

