

Everyday maths: Coming back to maths

NARRATOR:

Is something getting in the way of you learning mathematics? Can you do something about it?

Maybe this situation is familiar. "We better split the bill."

Which friend are you? Do you avoid maths if you can? Do you hate the thought of doing maths quickly, or in front of anyone? Can it make you shudder? If so, you are not alone.

Research shows many people in Northern Ireland think the same. This is Maths Anxiety. It often comes from past experiences in learning maths. But you can work through it, learn more maths, and start to grow your resilience.

Anxiety causes your brain to freeze and to prepare to run or fight. You cannot think straight, so... take a deep, slow breath, take your time. Remember: you can do maths. We all just need help.

When you are calmer, think about what you need. A calculator? A pen? A friend to work with? Start again when you are ready.

At the Open University, we use the Growth Zone Model to research anxiety.

The green zone feels... comfortable. You can do those things easily. But it gets dull here, doing the same old thing.

The growth zone is more exciting. Here you are learning something new. But challenges can get uncomfortable. You make mistakes here. The effort can make you tired. Here you may need help, before you get resilient.

Red zone is tricky. If it all seems too much, stop, try again later, or get some help.

Alex built their resilience and overcome anxiety. If they make a mistake, so what? They can check their answer works.

To start your own journey and practice your maths resilience, sign up for our free "Everyday Maths Northern Ireland" courses on OpenLearn today.