
Maths- and test anxiety programme

Basics First

Build on a healthy foundation



www.basicsfirst.co.za

Does my child have maths/test anxiety?

(Fears of specific subjects, tests and/or exams stem from a similar basis and are collectively discussed as maths/text anxiety)

If he/she experiences one or more of the following, maths/test anxiety may well be the cause:

- Marks have worsened, compare to a prior period
- Performs worse in a subject (often maths, science or accounting) than in other subjects
- Understands most work, but cannot remember it during tests/exams or makes lots of silly mistakes
- Experiences physical symptoms like rapid breathing/racing heart, perspiring, cold or clammy hands, trembling hands and/or tense muscles during tests/exams

Maths/test anxiety prevents learners from performing according to their potential, often despite extra classes and/or good preparation.

To address maths/test anxiety, make an appointment in Centurion (Gauteng) or per video (Zoom).

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What is maths/test anxiety?

It is a physical, intellectual and emotional anxiety reaction when learners experience pressure, which can paralyse their thinking and reduce their performance.

Irrespective of whether the anxiety is warranted according to an objective observer, it still has the effect of overwhelming them physically, intellectually and emotionally when under pressure, suppressing their ability to perform.

Pressure could arise from among others:

- Their fear of performing badly again
- Negative associations with the subject (e.g. previous bad results, unpleasant memories such as conflict with family, teachers of other learners, or even associations with seemingly unrelated events)
- Bad expectations (for many possible reasons, and based on reality or on subjective and negative perceptions)
- Real external pressure or personally created pressure
- Emotional reaction to their associations with the subject, such as the importance of good results for future studies

What the *Basics First* maths/test anxiety programme entails:

- Identifies the triggers that "switch on" the learner's anxiety as well as the contexts in which they occur
- Teaches the learner relaxation techniques relevant to his/her triggers and their contexts
- Teaches the learner techniques to recognise the triggers, handle them and thus prevent the anxiety response
- Teaches the learner techniques to recover from a freeze or "blank" during a test/exam and proceed – free of anxiety
- Teaches the learner how to deal with tests/exam papers and collect those marks that are within their reach
- Identifies his/her study methods to determine whether they contribute to the anxiety

This programme works with one learner at a time (no group sessions or classes), and typically completes in six hours.

After a successful programme, learners are more confident, more relaxed, and better motivated. They become better equipped to recognise their anxiety triggers and deal with them, and to recover from the proverbial blank during a test/exam.
