

**ZMATH 2001a.00097**

**Smith, B. Sidney; Smith, Wendy Hageman**

**Coping with math anxiety - A Platonic Realms mini-text.**

,. 16 p.

In this essay we will take a constructive look at math anxiety, its causes, its effects, and at how a student can learn to manage this anxiety so that it no longer hinders the study of mathematics. Lastly, we will examine special strategies for studying mathematics, doing homework, and taking exams. Let us begin by examining some social attitudes towards mathematics that are especially relevant.

*Classification: C20*