Math Anxiety Reduction Checklist

By Cynthia Arem in *Conquering Math Anxiety 2nd edition*

___ I’ve reviewed and worked out lots of problems so I know my material out of context.

___ I know the format and content of my upcoming math exam.

___ I know how many questions will be on my exam and its duration.

___ I’ve given myself several practice exams.

___ On practice exams, I’ve noted areas of difficulty so I can strengthen them.

___ I’ve analyzed my past pattern of typical errors so I can alert to them on my exam.

___ I’ve gotten 7 to 8 hours of sleep in the days prior to the exam.

___ I’ve kept up a regular program of moderate exercise.

___ I’ve practiced relaxation exercise along with positive visualization in the days and the half-hour before the exam.

___ I’ve eaten a small meal of low-fat protein 1 to 2 hours before the exam and avoided too much caffeine.

___ I’ll arrive at the exam on time and avoid talking with others.

___ Throughout the exam, I’ll remain calm, relaxed, and positive, checking my breathing often.

___ I will say positive self-statements to myself and push away all disturbing or distracting thoughts.

___ I will write out all my formulas and key ideas on the top corner of my exam sheet before beginning the test.

___ I’ll quickly read through the exam, note point values, and schedule my time accordingly.

___ I’ll proceed comfortably throughout the exam, working first on the problems that come most easily to me.

___ I’ll carefully read the directions to all problems and circle significant words to avoid misinterpretation.

___ After finishing the exam, I’ll check my answers, proofread for omissions, and check for my typical errors.

___ I’ll leave and reward myself for a job well done!