

# Math Anxiety Reduction Checklist

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By Cynthia Arem in *Conquering Math Anxiety* 2<sup>nd</sup> 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!