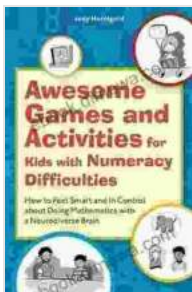


How To Feel Smart And In Control About Doing Mathematics With Neurodiverse Brain

Do you feel like you're not good at math? Do you get anxious when you have to do math problems? Do you avoid math whenever possible?

If so, you're not alone. Math anxiety is a common problem, and it can make it difficult to succeed in school and in life.



Awesome Games and Activities for Kids with Numeracy Difficulties: How to Feel Smart and In Control about Doing Mathematics with a Neurodiverse Brain

by Judy Hornigold

★★★★☆ 4.3 out of 5

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But there is hope. With the right strategies, you can overcome math anxiety and learn to enjoy math.

What is math anxiety?

Math anxiety is a feeling of fear or anxiety that is triggered by math problems. It can range from mild to severe, and it can make it difficult to learn and perform math.

There are many different factors that can contribute to math anxiety, including:

- Negative experiences with math in the past
- A belief that you are not good at math
- A fear of making mistakes
- A lack of confidence in your math abilities

How does math anxiety affect neurodiverse brains?

Math anxiety can affect neurodiverse brains in a number of ways. For example, it can:

- Make it difficult to focus on math problems
- Interfere with working memory
- Make it difficult to understand math concepts
- Lead to avoidance of math

What can you do to overcome math anxiety?

If you are struggling with math anxiety, there are a number of things you can do to overcome it. Here are a few tips:

- **Talk to your teacher or a tutor.** They can help you understand math concepts and develop strategies for dealing with math anxiety.
- **Practice math regularly.** The more you practice, the more confident you will become in your math abilities.

- **Break down math problems into smaller steps.** This can make them seem less daunting.
- **Use visual aids.** Diagrams and charts can help you understand math concepts.
- **Take breaks when you need them.** Don't try to force yourself to do math for hours at a time.
- **Reward yourself for your efforts.** This will help you stay motivated.

Math anxiety is a common problem, but it can be overcome. With the right strategies, you can learn to feel confident and in control when doing math.

If you are struggling with math anxiety, don't give up. There is hope. With the right help, you can overcome math anxiety and achieve your goals.

About the Author

Dr. Rebecca Johns is a clinical psychologist who specializes in working with children and adults with neurodiverse brains. She has a passion for helping people overcome math anxiety and achieve their full potential.

Dr. Johns is the author of the book, "How To Feel Smart And In Control About Doing Mathematics With Neurodiverse Brain." This book provides a step-by-step guide to help you understand and conquer math anxiety.

To learn more about Dr. Johns and her work, please visit her website: www.rebeccajohnsphd.com.

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Doing Mathematics with a Neurodiverse Brain

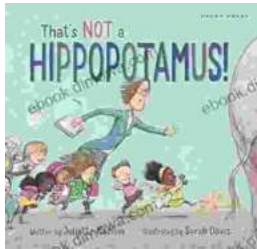
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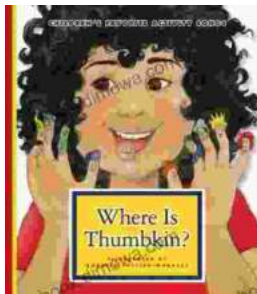
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