

APPENDIX

Ellen Freedman Maths Anxiety Self-Test

Rate your answers from 1 to 5; add them up and check your score below.

(1) = Disagree, (5) = Agree.

1. I cringe when I have to go to math class. **1 2 3 4 5**
2. I am uneasy about going to the board in a math class. **1 2 3 4 5**
3. I am afraid to ask questions in math class. **1 2 3 4 5**
4. I am always worried about being called on in math class. **1 2 3 4 5**
5. I understand math now, but I worry that it's going to get really difficult soon. **1 2 3 4 5**
6. I tend to zone out in math class. **1 2 3 4 5**
7. I fear math tests more than any other kind. **1 2 3 4 5**
8. I don't know how to study for math tests. **1 2 3 4 5**
9. It's clear to me in math class, but when I go home it's like I was never there. **1 2 3 4 5**
10. I'm afraid I won't be able to keep up with the rest of the class. **1 2 3 4 5**

Check Your Score:

40-50 Sure thing, you have math anxiety. Check my 10 hints on how to reduce math anxiety.

30-39 No doubt! You're still fearful about math.

20-29 On the fence!.

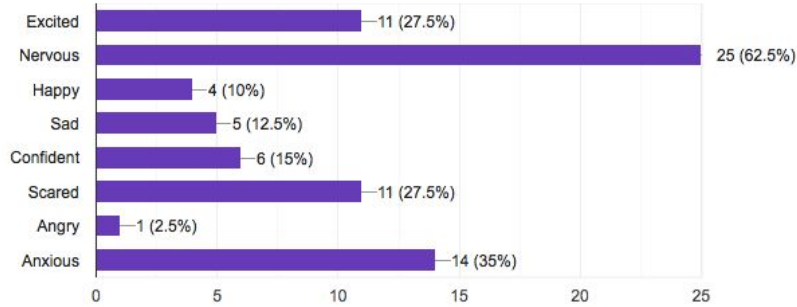
10-19 Wow! Loose as a goose!

Math anxiety is an emotional reaction to mathematics based on a past unpleasant experience which harms future learning. A good experience learning mathematics can overcome these past feelings and success and future achievement in math can be attained.

Our survey of statistics anxiety (N = 40)

When you found out you would have to take statistics, how did you feel? (Select as many as you like)

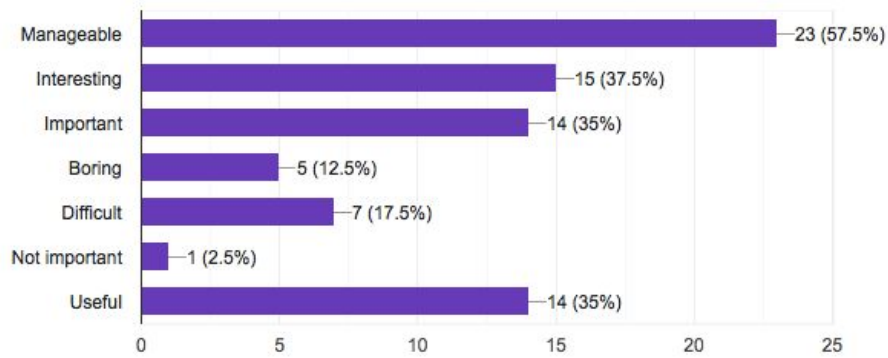
40 responses



After having finished (or at least, started) the course, how do you feel about statistics?



40 responses



How useful do you think Statistics is for your study?

40 responses

