

When Fear Becomes the Hardest Math Problem

How Inclusive and Responsive Teaching Can Reduce Mathematics Anxiety in Canadian Secondary Education

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I'm just not a math person.

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A CONCEPTUAL FRAMEWORK



INCLUSIVE ENVIRONMENTS

Safe, respectful & believing relationships build a sense of belonging.



RESPONSIVE TEACHING

Multiple ways to engage, represent & express meet diverse needs.



CONFIDENCE & IDENTITY

Students build self-efficacy and a positive mathematical identity.



LOWER ANXIETY

Reduced worry creates more calm, focus & willingness to try.



STRONGER OUTCOMES

Improved engagement, achievement & long-term mathematical success.

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The question isn't "Which teaching method is best?"

The question is "What does this student need today?"

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TAKE-HOME MESSAGE

Sometimes the hardest math problem isn't solving the equation.

It's helping students believe they can. ♥



Every student belongs.

Every student can **learn**.

Every student can **succeed** in mathematics.

