

Student's Math Anxiety Bill of Rights

by Sandra Davis



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| ● I have the right to learn at my own pace and not feel put down or stupid if I'm slower than someone else. |
| ● I have the right to ask whatever questions I have. |
| ● I have the right to need extra help. |
| ● I have the right to ask a teacher or tutor for help. |
| ● I have the right to say I don't understand. |
| ● I have the right to not understand. |
| ● I have the right to feel good about myself regardless of my abilities in math. |
| ● I have the right not to base my self-worth on my math skills. |
| ● I have the right to view myself as capable of learning math. |
| ● I have the right to evaluate my math instructors and how they teach. |
| ● I have the right to relax. |
| ● I have the right to be treated as a competent person. |
| ● I have the right to dislike math. |
| ● I have the right to define success in my own terms. |