

1014-S1-1689 **Roger A Simons*** (rsimons@ric.edu), Department of Math/CS, 600 Mt. Pleasant Ave., Providence, RI 02908. *Coaching a Student to Overcome Math Anxiety*.

I will present several techniques to help a student overcome his/her math anxiety enough to stop blocking him/herself from succeeding in this math course. Here are some techniques. I will explain and justify these and more.

To begin healing your self-image: Never say negative things about your math ability or tendencies, in the present tense. Always correct yourself, if necessary, and say it in the past tense.

To relieve pressure: One time only, guided day dream to prepare for the worst, and then ...

Never think negatively again about this course. Drive out any negative thoughts with thoughts of what you are good at in this class.

Get good at some things — get tutoring.

When doing routine exercises, do enough of them for the method to become routine. Then do a few more; so you remember it as routine.

Keep trying to convince your long term memory that these routine methods you use in homework exercises are worth remembering, forever. I will explain why a student should want to do that, and suggest a few techniques to try. (Received September 28, 2005)