

MATH-FIT

WITH

CUEMATH



A guide to beat
math phobia & prepare
well for your boards

www.cuemath.com

TABLE OF CONTENTS

- Introduction
- How to overcome math phobia?
- What is math phobia
- What are the common symptoms
- Tips to overcome math phobia
- Study Tips - tips to attempt math paper, 5 math concepts that you must prepare for
- A note to parents
- Things to do a day before the exam
- Things to do on the day of the examination

INTRODUCTION

Dear Students,

Board examinations are considered to be important milestones in the academic journey of any child and it's important to accomplish this milestone successfully. However, if you fear the board examinations, it can adversely affect your confidence and your performance during the examination.

The fear of board examinations starts building from grade 7 and keeps increasing over the next few years. While difficulty in studying, peer pressure, and managing parents' expectations are some of the reasons why many of you fear examinations - fear of math, also known as math phobia, turns out to be one of the biggest obstacles that affect the overall preparation and performance of many of your peers.

Let me elaborate.

As per a survey done by us in 2021, 82% of students from grades 7-10th feared math and said that their anxiety for math increases in higher classes. Board exams add to the pressure and fear of math, possibly affecting the performance of Class 10 students worse than Class 9 students by 6 percentage points. The confidence levels of students in Class 10 dropped by 11% compared to Class 7. However, math phobia can easily be managed with Math-Fit.

As you sit for your first board examination, Math-Fit handbook will become a must-have. It will provide practical tips to manage your math preparation and help you learn strategies to cope with math-associated stressors while advising parents on how to help their child deal with math anxiety during board examinations. This also includes important math concepts that you can learn and revise in easy ways. Additionally, the handbook will offer relaxation techniques that can help you improve your mental well-being during the exam season. Do share these tips with your friends and peers you think could benefit from this.

Wishing you all the best for your examinations!

With love,
Manan Khurma
Founder, Cuemath



HOW TO OVERCOME MATH PHOBIA?



What is math phobia?



“How do I deal with math exam-related stress?”

“What if I do badly in math exams?”

“How will my parents react if my math results are not good?” and

“Does my fear of math impact my overall performance?”

These are some of the most common questions that students have in their minds while appearing for the math examination. This feeling of tension or apprehension is known as math phobia. Owing to this impending fear, many of them give up the idea of really understanding math and the logic behind it.

Common symptoms of math phobia



- Lack of motivation to study and understand mathematical problems
- Improper study schedule
- Lack of self-belief and negative self-talk approaching math problems
- Procrastinating math problems and homework
- Relying more on cramming solutions rather than learning concepts
- Difficulty in remembering mathematical concepts

Tips to Overcome Math Phobia?



The first and very important tip to overcome math phobia is to **acknowledge the fear of math**. As human beings, all of us have different capabilities, while some are inherently good at solving mathematical problems, others may require more time to process them. Restricting yourself from solving complex math problems or shying away from clarifying your doubts will only make math learning more difficult for you. Challenge your fear with conviction and the mindset to learn math to overcome math phobia.

Practice is the only mantra to achieve success in mathematics. **Follow LPAR - Learning, Practice, Assessment and Revision. Solve enough previous year's question papers** to become familiar with the exam pattern, and avoid any surprises - especially for topics like trigonometry, geometry, calculus, statistics & probability. Additionally, you can create a formula sheet for a quick glance and a revision plan to keep you on track.

Hours are spent mugging up concepts and formulas right before the exam. This is not only confusing but can result in forgetting the response while attempting the examination. Try to avoid rote memorization - instead dedicate time to understanding concepts and practice enough questions. Always try to focus on the 'why' behind the concepts and confidently apply the same to solve questions - during practice and the actual examination.

The aim is to attempt the maximum number of questions correctly in three hours. Students who time themselves during preparation, usually perform better on the examination day. Therefore, **preparation with an exam mindset helps improve efficiency and manage time to navigate between tough and easier sections.**



How to approach the math paper & important concepts that you must revise



Analyze the question paper and prioritize them based on your familiarity. Attempt the ones that you are most comfortable with first and keep the toughest questions for last. This way you will **efficiently manage your time during the exam and will have ample time to re-check your answers.**

Draw a rough diagram for questions related to geometry and construction, label all the parts and write the measurements on it according to the given question. By doing so, you will remember the exact concepts you can use to solve those questions and will be able to visually understand them.

A smart way to remember the key trigonometric values: sine, cosine and tangent of standard angles (0, 30, 45, 60 and 90) is by creating a table and writing them on the side of your answer sheet. This will help **you avoid forgetting these key concepts** and you can **cut the amount of time spent in remembering them.**

Avoid excessive overwriting or cutting as it discourages the evaluator from reading through your answer sheet, and they may even deduct your marks based on the poor presentation. Make sure that **everything you are writing and explaining is readable and understandable** for the evaluator.

A Note to Parents:

“ My biggest personal achievement has been to guide parents to help their children fall in love with math.

Manan Khurma

”



Parental support during math exams can play an important role in their child's preparation routine. Parents can do this easily by following these simple strategies:

"I was not good at math" and "I never scored well in math exams," Don't inadvertently pass your own math anxiety to children with such remarks

As parents, you must encourage your child to embrace and learn from their errors and allow them to explain their thinking while solving problems (even when answers are incorrect). Penalizing for poor grades is a big NO! It can have a significant impact on their mindset and make them different.



Remember, your **words of positivity and motivation** are critical for your child's success

Pause to take a break

Remember what
Aamir Khan said in 3 Idiots

“All is well”



Things to do a day before the exam

- Avoid all-nighters and hit the bed on time - get at least 8 hours of sleep!
- Trust yourself, keep calm and believe that you can do well
- Relax - Meditate, spend time with your family, indulge in hobbies, and other activities to rejuvenate
- Attempt a mock test and try to complete it in 2.5 hrs instead of 3hrs

On The Day of the Exam

- Revise key concepts: avoid last-minute cramming
- Visualize yourself in a positive exam scenario

*Remember to reach the examination centre well on time with a positive mindset to make the most of the 3 hours! Carry your pencil box and water bottle along with you admit card!



Post-exam stress is real and you may feel nervous. Fretting about what you have missed or could have written differently will only add to your stress and can affect your concentration for the remaining exams. After the examination, relax before you resume preparation for the next subject.