MATH ANXIETY BILL OF RIGHTS

I have the right to learn at my own pace and not feel put down or stupid.

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 TA for help.

I have the right to say, "I don't understand."

I have the right not to understand.

I have the right to feel good about myself regardless of my abilities in math.

I have the right to not 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 instructor and how he/she teaches.

I have the right to relax.

I have the right to be treated as a competent adult.

I have the right to dislike math.

I have the right to define success in my own terms.

By Sandra L. Davis
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