

SOCIAL ANXIETY

Social anxiety is when you feel nervous, worried, or scared when you are around other people. It often involves a fear of embarrassing yourself, or of being judged by others. It can sometimes cause you to avoid doing things you want or need to do.



What social situations make me feel anxious?

- ☐ Going to birthday parties, or to someone else's home
- ☐ Eating in front of others
- ☐ Being on stage
- ☐ Talking to new people
- ☐ Talking in front of the class
- ☐ Answering or talking on the phone
- ☐ Going to school
- ☐ Being in groups or a large crowd
- ☐ People watching me
- ☐ Starting or joining a conversation

- ☐ Playing a sport
- ☐ Using school or public bathrooms
- ☐ Making eye contact
- ☐ Walking into the classroom
- ☐ Asking the teacher a question or for help
- ☐ Talking to adults
- ☐ Answering questions in class
- ☐ Walking in the hallway
- ☐ Other: _____
- ☐ Other: _____

What thoughts do I have when I'm in a social situation?

How do I feel?



- | | | |
|---|---|---|
| <input type="checkbox"/>  Happy | <input type="checkbox"/>  Sad | <input type="checkbox"/>  Angry |
| <input type="checkbox"/>  Scared | <input type="checkbox"/>  Nervous | <input type="checkbox"/>  Confused |
| <input type="checkbox"/>  Shy | <input type="checkbox"/>  Stressed Out | <input type="checkbox"/>  Bored |

What can I do to cope with my social anxiety?

Anxiety Relief Math Worksheet Grade Tricks

**Jolie S. Brams, Patricia Nay, Joan
Schrader, Deborah Tong**



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research project that led to the tip Practical applications for using the tip Ways to avoid common difficulties associated with each tip Resources for details on process and findings Foster questioning and independent thinking challenge students with stimulating problems Get higher levels of achievement You ll find ideas for improving students poor mathematics self concepts and for building students confidence in their skills and abilities Precalculus Holt McDougal,2004 *Fostering Children's Mathematical Power* Arthur Baroody,Arthur J. Baroody,Jesse L.M. Wilkins,Ronald T. Coslick,1998-09-01 Teachers have the responsibility of helping all of their students construct the disposition and knowledge needed to live successfully in a complex and rapidly changing world To meet the challenges of the 21st century students will especially need mathematical power a positive disposition toward mathematics curiosity and self confidence facility with the processes of mathematical inquiry problem solving reasoning and communicating and well connected mathematical knowledge an understanding of mathematical concepts procedures and formulas This guide seeks to help teachers achieve the capability to foster children s mathematical power the ability to excite them about mathematics help them see that it makes sense and enable them to harness its might for solving everyday and extraordinary problems The investigative approach attempts to foster mathematical power by making mathematics instruction process based understandable or relevant to the everyday life of students Past efforts to reform mathematics instruction have focused on only one or two of these aims whereas the investigative approach accomplishes all three By teaching content in a purposeful context an inquiry based fashion and a meaningful manner this approach promotes children s mathematical learning in an interesting thought provoking and comprehensible way This teaching guide is designed to help teachers appreciate the need for the investigative approach and to provide practical advice on how to make this approach happen in the classroom It not only dispenses information but also serves as a catalyst for exploring conjecturing about discussing and contemplating the teaching and learning of mathematics

Best Practices for Teaching Mathematics Randi Stone,2007-04-05 From human number lines to sweet solutions these strategies will enliven your math instruction In this new volume from Randi Stone award winning teachers model mathematics lessons that work and demonstrate innovative methods that have been field tested in diverse elementary middle and high school classrooms An ideal resource for new and veteran teachers and linked with companion volumes featuring strategies for teaching writing and science this resource offers Strategies for motivating students with animated learning icons money based systems human number lines sweet solutions and much more Techniques for engaging students before and after state tests A special lesson study chapter focused on win win professional practice for teachers This concise text will become one of your most used guides for clarifying math concepts increasing math vocabulary strengthening problem solving skills and inspiring students excitement about math in the real world *Math Study Skills* Paul D. Nolting,1999-06-14 This workbook reinforces skills and minimizes frustration for students in any math class lab or study skills course Offering a wealth of proven study tips and sound advice on note taking time management and reducing math

anxiety the author makes the learning process both manageable and compelling In addition numerous opportunities for self assessment enable students to track their own progress *Journal of Developmental Education* ,2011 **Essential**

Mathematics with Applications Richard N. Aufmann,Barker,2002-03 **Exploring Intermediate Algebra** Richard N.

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Intermediate Algebra Elaine Hubbard, Ronald D. Robinson, 2002-02-26 **Intermediate Algebra with Applications**
Richard N. Aufmann, Vernon C. Barker, Joanne S. Lockwood, 2003-01-27 **Managing the Mean Math Blues** Cheryl
Ooten, Kathy Moore, 2009 A supplemental book for courses in Study Skills This book incorporates user friendly study skills
practice math practice brain based learning and positive psychology so the reluctant and anxious student can overcome math
anxiety Students turn failure into success as they practice these new skills on basic math content With clear psychological
models for concentration and focus called flow into math students learn how to match their skills with math challenges set
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