



OVERCOME ANXIETY

Does math make
you anxious?

Do you tell
yourself that you
are not good at
math?

Do you want to
believe that you
can do math?

STOP your
struggle now!

You are not
alone!

Do you want to have the confidence that you deserve?

Why

- “The workshops and the book have helped me manage my anxiety by taking time to understand myself...”
- You learn how to let go of your anxieties and negative thoughts when learning math
- You’ll learn to free yourself of the memories of bad experiences
- You learn that you *can* do math

This is a **four-part** workshop series that offers concrete ways to reframe your experience in mathematics in all your classes. Please join us to learn “You Are Not Alone” and explore whether this workshop series is for you.

March 15, 2023
SI 1068
5:00 p.m. – 6:30 p.m.

ALL MEETINGS WILL BE IN-PERSON AND DINNER PROVIDED

Workshop Dates:

Overcome Anxiety: Wednesday, March 15, 2023, SI 1068
Reflection on Your Experience: Wednesday, March 31, 2023, SI 1068

Who

**Open to all interested
students and community
members**

**Former attendees share
their experiences
conquering their anxieties**

**For anyone that’s ever
looked at math and said,
“Nope!”**

**For anyone that’s ever said
to themselves, “I’m just not a
math person.”**

Location

SI 1068

When

5:00 p.m. – 6:30 p.m.

Please RSVP Using the link or QR Code:



<https://tinyurl.com/589xcp6>

For more information contact:
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