



# YOU ARE NOT ALONE

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.

## Reframing Math Workshop Dates:

**You are not alone:** Wednesday, September 4, 2024  
5:00 p.m. – 6:30 p.m., SI 1068

**Reflecting on reading:** Wednesday, September 11, 2024  
5:00 p.m. – 6:30 p.m., SI 1068

**Overcome Anxiety:** Wednesday, September 25, 2024  
5:00 p.m. – 6:30 p.m., SI 1068

**Mathematics for Human Flourishing:** Wednesday, October 2, 2024  
5:00 p.m. – 6:30 p.m., 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.”

Please RSVP using the QR Code or the `Link:



<https://rb.gy/d80lqz>

**For more information contact:**  
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**All meetings will be in-person.**  
**Dinner will be provided.**