

# Math Anxiety Video Questions

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Video:** Why do people get so anxious about math? - Orly Rubinsten <https://youtu.be/7snnRaC4t5c>

While you watch the video answer the questions below:

1. How much of the population suffers from Math Anxiety? \_\_\_\_\_

2. Which statement is true (circle one):

a. If you have Math Anxiety you are bad at math.

b. If you are doing poorly in math you may have Math Anxiety.

3. Is Academic Anxiety limited to only the subject of math? \_\_\_\_\_

4. If you experience Mathematical Anxiety, what can you do?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

5. Are boys innately better at math than girls? \_\_\_\_\_

6. Do you feel you have Math Anxiety? Explain.

---

---