

# TVO Offers Relief for Math Anxiety

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**M**ath often generates complex emotions for both learners and educators. Some love it, others ... not so much. The emotional responses to math are so intense that researchers have begun studying this phenomenon now known as Math Anxiety and have come to several interesting conclusions.

“Math anxiety refers to the feelings of fear, tension, and apprehension that many people experience when engaging with mathematics. Across 65 countries and economies that participated in the 2012 Programme for International Student Assessment (PISA), on average, 33% of 15-year-old students reported feeling helpless when solving math problems.”

Resource: [thelearningexchange.ca/math-anxiety](http://thelearningexchange.ca/math-anxiety)

Not only does Math Anxiety cause stress for students, it also impacts their achievement meaning that they perform considerably lower during math assessments. However, TVO has developed several digital learning products to alleviate this acute anxiety.

Here are some of the free resources TVO offers to help students from kindergarten to high school:



TVO mPower is a fun and innovative online game-based resource that builds problem-solving, critical thinking and math skills for students in Grades K-6. It immerses children in a virtual world of math in which they learn key concepts through fun and engaging game experiences. mPower weaves together ideas in Ontario’s math, science and social studies curriculum and places them in real-life contexts so children can apply what they know.



TVO Mathify provides math support for students in Grade 7-10. They can access live, interactive online math help by certified Ontario teachers. Students can log in from Sunday to Thursday, between 5:30 and 9:30 p.m. for individualized math tutoring. There are discussion rooms for each grade where students can join and see what questions other students are asking and ask their own question for personalized help. Students also will find 24/7 discussion rooms, video lessons and commonly asked questions to help build their understanding and consolidate new learning.

TVO is proud to be engaged in supporting the development of healthy attitudes toward mathematics and decreasing anxiety around learning. ■

