**Teaching students who are science/math/nature phobic – a few tips and resources**

**Tips/ideas**

* Provide multiple opportunities for learning/demonstrating success. Revisit quantitative, scientific or field skills multiple times.
* Use scaffolding
* Use multiple representations and/or multiple learning modalities
* Classroom dynamics can be important
* Refer particularly anxious students for counseling and/or medical support
* Create the expectation of success
* “Mistakes are part of doing math and science.”
* Cite role models that students can relate to
* Short affirming writing exercises can decrease anxiety

**Resources**

Tobias, S. (1993). Overcoming math anxiety. New York: W. W. Norton & Company.

“Field Trip Anxiety. “ From Student Motivations and Attitudes: The Role of the Affective Domain in Geoscience Learning. <http://serc.carleton.edu/NAGTWorkshops/affective/dilemmas/16845.html>

Mallow, J. (2006) Science Anxiety: Research and Action. In Handbook of College Science Teaching. NSTA. Available at http://learningcenter.nsta.org/files/PB205X-1.pdf

In addition, there are innumerable resources on anxiety disorders, panic disorders and related issues. A good starting point on this topic is <http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

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