

The 12 Suggested Steps of MaA (Math Anxious Anonymous)

1. We admit that our fear of math is learned and has made our lives harder-our fear is in control of our lives.
2. We believe that through time and work and guidance from others we can unlearn this learned fear of math.
3. We make a decision to turn our wills, minds, and our energies over to the understanding and loving of math.
4. We are making a fearless and truthful search and autobiography of our past lives in math.
5. We admit to ourselves and to others the exact nature of our fears and how we learned them.
6. We are really ready for these learned defects of our attitudes and lives to be removed.
7. We ask others for help.
8. We are making a list of all the types of problems and classes that we have avoided because of our fears and are willing to work on them.
9. We are going to take these classes and work on these problems, but only as long as they do not over extend us.
10. We keep a daily math diary and promptly admit when and where our fears have resurfaced and where we have false beliefs.
11. We daily practice relaxation techniques, practice good study techniques, and practice good test-taking techniques in order to keep on feeling good about math.
12. Now that our math ability has been awakened, we try to relate this message to others who fear math and to constantly practice these steps wherever math shows itself in our lives.

12 Suggestions for Teachers Not to Be MaA Codependents (Enablers)

1. Be an encourager on day one;
2. Be confrontational in a helpful way on day one;
3. Be honest with your students about your own past and present struggles;
4. Do your best to make a comfortable environment for the teacher-student interaction;
5. Be flexible in your teaching;
6. Use everyday examples to explain concepts where possible;
7. Require a math journal;
8. Give partial credit;
9. Allow some group work;
10. Emphasize the importance of math;
11. Require math to be done and don't "dumb it down";
12. Be an encourager always;

Party Relaxers

1. How do you confuse a U.T. student? Put 2 shovels against the wall and tell him to take his pick.
2. Did you hear about the U.T. graduate whose wife had twins? He went out with a shotgun looking for the other guy.
3. How do you recognize a U.T. fan in a carwash? He's the one in the motorcycle.
4. Did you hear about the U.T. student who had his sundial lit? He wanted to be able to tell time at night.
5. Did you hear about the U.T. graduate who wanted to be buried at sea? Four of his U.T. friends drowned trying to bury him.
6. Did you hear about the new invention from the U.T. aviation-engineering department? It's a parachute that opens on impact.
7. Why is there no ice in the drinks on U.T. campus? The student with the formula dropped out.
8. Did you hear about the U.T. student who got a pair of waterskis for Christmas? He's still looking for a lake with a slope.
9. What bird would be supposed to lift the most weight? A crane.
10. What increases its value one-half when turned upside down? 6
11. Why is a game of baseball like a buckwheat cake? Because its success depends on the batter.
12. What should a minister preach about? 15 minutes.
13. What musical instrument should we never believe? A lyre.
14. When is a wall like a fish? When it is scaled.
15. What happens when a cat crosses the desert on December 25th? It is not sandy claws (Santa Clause).