Welcome to Jackpot Maths – transcript

Hello and Welcome, my name is Judy Brice, and this is Jackpot Maths.

This is 'The Introduction to Maths Anxiety Course'. It is the first of a set of four interlinked courses about Maths Anxiety and teaching Maths to pupils who are Neurodiverse.

This first short course gives you a quick introduction to Maths Anxiety. Whether you live in the UK like I do, or you can live anywhere in the whole world, Maths Anxiety is Maths Anxiety. The whole world around it affects us all in the same ways regardless of the languages we speak. And it's the fear that kicks in when someone starts to become scared of maths or math, depending on how you say it. So I'm going to be referring to it as maths and Maths Anxiety all the way through these courses because I'm British, and that's how I think of it. And I apologise if you think of it as math.

So this is an introductory course where we will be looking at what it feels like to have Maths Anxiety and how anybody, absolutely anybody, whatever their academic ability is, can, given the wrong set of circumstances - can start to have Maths Anxiety. We're going to find that there are ways to bring down the Maths Anxiety and enable learning to start taking place again.

In this course, you will come away with a better understanding of what it feels like for a child to experience a stress response and come away with some straightforward strategies that you can put in place straight away that will help reduce the times that the anxious child is re-triggered into a stress response.

After that, if you want to learn more, the Deeper dive into helping reduce Maths Anxiety course follows - In which, as the name suggests, I take a much deeper dive into the subject. By the end, you will have many more new techniques up your sleeve, which will help your pupils even more!

Want to be able to empower them and start to turn around their Maths Anxiety?

Bring down the barriers currently stopping them from succeeding?

Or course you do! That's why you are here, and you have come to the right place!

So, what makes Jackpot Maths courses different from others out there?

I have specifically designed them for Tutors rather than as generic school-based training. This training comes from my viewpoint - a Neurodiverse adult who struggled as an undiagnosed child with none of the awareness or these strategies to help me. I am also the parent of a Neurodiverse child. I have decades of educational experience as a class teacher and tutor. I am a very experienced 1-2-1 tutor specialising in teaching

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children with Maths Anxiety. All the strategies I explain in the courses are tried and tested with my pupils many, many times. They work and help children feel more confident and more able to believe in themselves and start to thrive. This isn't a tick box exercise. This is to help you really help your pupils and genuinely turn around their lives.

However, this course is separate from the course - Introduction to teaching Maths to Neurodiverse pupils - where we look particularly at Dyscalculia, what it is and how we can help our pupils cope better. And the follow-on course Deeper Dive into teaching Maths to Neurodiverse pupils, where we investigate deeper and develop even more strategies.

But this first course will give you a better understanding of Maths Anxiety.

I do need to mention straight away that we need to separate the two concepts of Maths Anxiety and Dyscalculia as they are indeed two very separate but interwoven issues. Because anyone can have Maths Anxiety, they don't need to have specific learning difficulties such as Dyscalculia or dyslexia, or any other neurodiversities. They don't need to have a specific learning difficulty to have Maths Anxiety. Even the most able and most neurotypical people - in the wrong set of circumstances, can be triggered to have Maths Anxiety. This isn't just a bottom-set issue; the most academically gifted pupils can still encounter Maths Anxiety if they are pushed to their limits. We will be looking at ways to mitigate those circumstances, help pupils bring down their anxiety, stop the constant re-triggering, and help them feel better and re-engage with their maths learning.

More children than you think have this anxiety; remember that we can only see outward signs, and unless they let us into their world, we have no idea what their internal struggle is.

We will find out that if we can deal with the anxiety, then the learning can take place.

Given the right teaching strategies, the anxious child can unlock their potential and still succeed. Maths isn't out of bounds. It can be accessible to all.

We will look at strategies of how to teach more practically and visually that not just benefits Neurodiverse children but most children.

So this course is suitable for many people. Although it has been designed primarily for Tutors, you may be a teacher or a teaching assistant in a school and happy there or be thinking of moving into tuition. Or you may be a tutor - teaching small groups or 1-2-1 lessons, either in person or online as I do; I'm 100% online. Or you may be a home-educating parent, or you may not be a formal educator yourself at all, and you may be a parent looking for some answers.

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You're all welcome. This course is for everyone! And to help everyone!

So this course is all about ways that we can put in various strategies and techniques to help pupils feel better about themselves, reduce their anxiety and reduce the occurrence of math anxiety.

Welcome to the course!

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