

Section 2: Planning for effective studying

In order to reduce anxiety and increase confidence with statistics, you will need to work through a few stages. Use the questions below to guide you in writing a plan of action.

Addressing anxiety and challenging beliefs

4. How will you recognise when anxiety is impacting on learning and what techniques could you try to reduce anxiety and return to the growth zone?

5. Challenging unhelpful beliefs: Are there any unhelpful beliefs about statistics or your ability to learn statistics you need to address? Can you find examples of how statistics is used in the media or within your profession?

Planning and recognise achievement

6. Devise a plan of how you will:
 - a. Slowly build up your knowledge (start with 'green zone activities and progress slowly into the 'growth zone')
 - b. Ask for help (Who can you ask? What times can you visit your maths support centre?)
 - c. Recognise your progression and achievement (e.g., keep a journal of your progress, even 'small' steps such as attending more classes, asking a question, understanding a topic)

This resource was created as part of a collaborative project to understand and address statistics anxiety by: *Ellen Marshall (Sheffield Hallam University), Anna Riach (University of York) & Amanda Shaker (La Trobe University)*

Please let us know if you have used the resource and any feedback you have through the following link or QR code: <https://forms.gle/A1TX9uXcrWvNEPHv7>

