



University
of Victoria

Math & Stats Assistance Centre

Triumphing Over Math Anxiety Workshop

Wednesday, Jan 24th, 4:30-5:20pm LIBR 025

- Discussion of causes and consequences of math anxiety
- Practical tips and strategies to improve your performance right away
- Group activities to put advice into action right away

Register through UVic Library:



<https://libcal.uvic.ca/calendar/learningcommons/mathanxietyworkshop>

uvic.ca/msac | msacpc@uvic.ca | @uvicmathstats