

Myths about Maths

Many of us struggle with using numbers, but we can all improve. Let us bust some myths about maths so you can start getting on with numbers.



Myth 1

I can't do maths because I never use it in my work or life.

Busted

We all use maths every day: planning journeys, shopping, cooking, doing DIY: all of them are working with numbers!



Myth 2

Learning maths as an adult is just like going back to school.

Busted

As adults we can choose what and how we learn. You can do it online, confidentially and in your own space.

If I Can, You Can



Myth 3

Some people are naturally good at maths and others are not.

Busted

Maths ability is defined by experiences, not our genes. Maths is a skill we can all practise and get better at.



Myth 4

I'm the only one who feels anxious about maths.

Busted

Maths anxiety is common: many of us feel anxious, nervous or stressed when it comes to numbers. But we can overcome it.



Myth 5

Some people just won't improve, no matter how much they try.

Busted

Ability is not fixed, we can all get better at maths if we make regular time for learning.



**You can
overcome
low number
confidence.**

Take the first step at
[nationalnumeracy.org.uk
/challenge](https://nationalnumeracy.org.uk/challenge)

Overcoming Maths Anxiety

However you feel about maths, you are not alone. Many of us struggle with using numbers. Here are our top tips to help you overcome maths anxiety.



Talk about it

Tip 1

Talk about how you feel about maths, you'll find others feel the same way.



Take the pressure off

Tip 2

Learning is not a race, take your time and use your own space.



Set realistic goals

Tip 3

Aim to improve a little bit at a time. Step by step.



Challenge your own beliefs

Tip 4

Are your thoughts about maths helpful? Or are they holding you back?



Don't compare yourself to others

Tip 5

We all learn at different paces and that's OK



Choose resources that work for you

Tip 6

We all learn differently. Try the National Numeracy Challenge for an alternative to classroom maths.