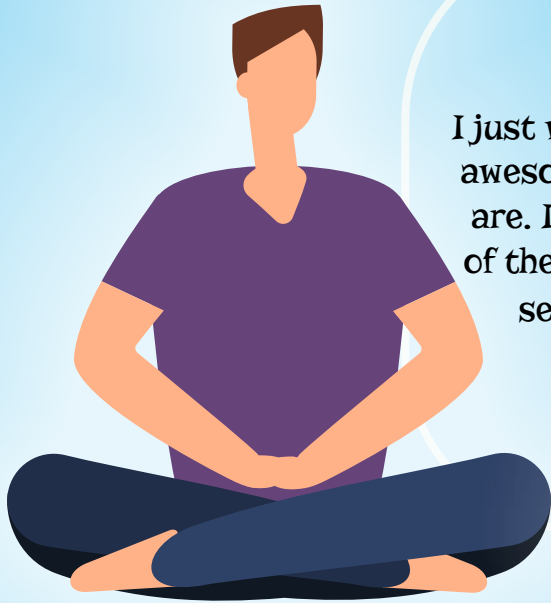


# Academic Anxiety is Real:



“

I just wanted to comment on how awesome the meditation classes are. I am taking full advantage of the resource provided; these sessions are invaluable!”

\_\_\_\_\_

Fall 2022 participant



## Try Mindful Meditation for Academic Success

Approximately 93% of Americans indicate that they experience some level of math anxiety. Math anxiety is defined as negative emotions that interfere with the solving of mathematical problems.

English language proficiency depends on many factors & anxiety could be a hindrance to success in language learning.



### Academic Anxiety Symptoms & Outcomes

- Increased nervousness
- Physical illness
- Fear of failure/panic
- Fear of being wrong
- Negative self-talk
- Embarrassment
- Low motivation
- Low performance
- Assignment avoidance



### Sharpen Focus and Attention

- Reframe your anxiety
- Gain a sense of empowerment
- Improve academic performance
- Improve motivation & studying
- Decrease physical reactions & panic
- Experience meaningful class & tutor sessions



### Campus Support

Zoom Meetings  
Every Tuesday - Thursday @ 10 a.m.  
January 10 - May 19  
Sessions ~30 minutes  
Come to all or come to one!  
Drop-ins welcome!

Register in advance for this meeting: <https://us02web.zoom.us/join/joinmeeting/register/>



Student Health  
Services