

# 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.