



DAILY PROGRAMME

Mathematical Resilience: Helping Students With Math Anxiety

DURATION 5 days · 25 hours	DAILY SCHEDULE 09:30–15:00 Monday to Friday, with a break for lunch	LANGUAGE English (B1+)
COURSE CENTRES İzmir Dates and cities of the scheduled sessions are listed on the course page.	GROUP SIZE Max 12 participants	

Week at a glance

DAY 1 Understanding and Identifying Math Anxiety	DAY 2 Root Causes and Triggers	DAY 3 Pedagogical Interventions in Practice	DAY 4 Growth Mindset, Self-Regulation and Complex Cases	DAY 5 Action Planning, Integration and Certification
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Day by day

Day 1

Understanding and Identifying Math Anxiety

- **Warm-up:** welcome and trust-building activity, and introductions
- **Interactive lecture:** defining math anxiety, its neurological and psychological basis, and its documented effect on working memory
- **Case study analysis:** real student profiles across grade levels, tracing how math anxiety typically develops
- **Diagnostic workshop:** recognising affective, behavioural and physiological anxiety symptoms
- **Peer feedback:** participants review each other's case diagnoses against a shared identification checklist

Day 2

Root Causes and Triggers

- **Warm-up:** short energiser activity
- **Interactive discussion:** environmental factors, pedagogical triggers, timed testing and implicit teacher bias
- **Case study session:** classroom scenarios where ordinary instruction unintentionally escalated student anxiety

- **Root-cause mapping workshop:** participants map the triggers identified that morning onto their own classroom context
 - **Peer feedback:** exchanging root-cause maps and discussing which triggers are most addressable at classroom level
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Day 3

Pedagogical Interventions in Practice

- **Techniques in focus:** concrete-representational-abstract (CRA) sequences, structured math talk, and low-stakes error analysis
 - **Lesson design workshop:** building an anxiety-friendly maths activity using concrete manipulatives and visual tools
 - **Micro-teaching:** participants deliver a short segment of the lesson they designed to the group
 - **Peer feedback:** structured observation and feedback on the micro-teaching, using the Day 1 identification checklist
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Day 4

Growth Mindset, Self-Regulation and Complex Cases

- **Techniques in focus:** growth-mindset interventions, mindfulness-based regulation, and personal coping plans
 - **Case study resolution:** matching complex, high-anxiety student cases to a combined set of intervention techniques
 - **Intervention plan drafting:** participants draft a multi-technique plan for their assigned case
 - **Peer feedback:** reviewing each other's case plans and suggesting refinements
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Day 5

Action Planning, Integration and Certification

- **School-wide strategy workshop:** building a supportive school climate and involving parents in managing math anxiety
- **Action plan workshop:** drafting a personal, school-specific implementation plan
- **Final micro-presentations:** participants present their action plan and receive feedback from peers and the trainer

- Course evaluation survey
- Certificate ceremony (Certificate of Attendance + Europass Mobility)

PLEASE NOTE

Sessions run from 09:30 to 15:00, Monday to Friday, with a break for lunch. Timings can shift a little to suit the venue and the group.

Course activities and content may vary depending on participants' needs and the trainer leading the session; any changes are at the trainer's discretion. If there is a specific topic you would like included, please let us know — content-related requests must reach us at least 3 weeks before the course start date so we can confirm them in time.

ISSUED BY

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COURSE PAGE

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