

Preparing for maths GCSE

Maths teacher and strategy game inventor, Christopher Curtis, has some tips on coping with maths anxiety

Does the thought of numbers send your child in a spin? With Maths being an important GCSE to do well in for further higher education endeavours, its important to tackle these worries now so they can do well in future.

Maths teacher Christopher Curtis has helped thousands of children overcome that all-too-common fear. 'Maths anxiety creates a block and takes away the enjoyment and enlightenment from mathematics, as an elegant and beautiful language that helps us make sense of the world around us,' Christopher says. 'I have developed a series of top tips to support young people overcome their Maths anxiety and revise effectively and efficiently for Maths GCSEs. I hope these can help students enjoy studying maths and enjoy their work as part of their journey towards rewarding lives.'

KEEP UP TO DATE WITH THE SYLLABI

Make sure you are completely up to date with any changes due to the disruption to your studies from the global pandemic, such as formula sheets and what facts need to be revised.

INVEST IN AN A3 SKETCH PAD

Create your own posters on key topics in your own words and using your own diagrams. Be sure to make them colourful, so they are easy to remember.

SET DOABLE TARGETS

Make sure you have eaten and are hydrated before you start your revision. Give yourself doable revision tasks each day that work with your ultimate attention span– this can vary from 20-45



Photo: gettyimages/istockphoto

ABOVE:
Beat maths anxiety

minutes per task. Always go over what you have learnt the day before at the beginning each day.

REDUCE SCREEN TIME

Make sure that your phone is stored downstairs and away from your bedroom. Time saved by reducing computer games will be hugely beneficial in the long run.

Get a revision buddy: team up with a friend on a similar level to you to do revision with – you can share your knowledge and learn from each other's strengths and weaknesses, plus keep each other well-motivated.

MAKE FLASH CARDS

Learn formulas in story form: make the formulas come alive by creating a story behind what they mean. It is very successful and maximises method marks. Tell the stories about the formulas to family members in a lively fun way – this

will further help you remember them in exams.

PLAY STRATEGY BOARD GAMES

Chess, drafts and my own, Prometheus, are examples of board games that can kill two birds with one stone – they are a way to relax and unwind with friends after revising but also help also develop good problem-solving skills necessary for the application of studying maths and the sciences.

One final note: Be kind to yourself and never forget how far you have come already. At the end of the day, when you collect your results, just put your hand on your heart and say 'I have done my best'. No one can expect more from you than this. ♦

Christopher is the inventor of Prometheus, a modern strategy game to rival chess.
prometheusconcept.com