
Academic Anxiety Disorders

Introduction

- Personal and Professional Information
- My Background
- How I became interested in this topic

Anxiety, Fear and Phobia

What is Anxiety?

- A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

What is Fear?

- An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

What is a Phobia?

- An extreme or irrational fear of or aversion to something.

How Do People Learn?

- Cognitive Learning/Information Processing Model
- 5 senses.....Working Memory.....LTM

How Does Anxiety Interfere with Learning?

- The student is being overwhelmed with information. The computer is crashing.

Types of Academic Anxiety Disorders

- Test Anxiety
- Math Anxiety
- Reading Anxiety

Test Anxiety

- A form of anxiety in which the testing situation triggers a student's emotionality and worrisome thoughts.
- How do you spot it?

Math Anxiety

- A form of anxiety in which the subject of math triggers a student's emotionality and worrisome thoughts.
- Two additional components of Math Anxiety: Math Test Anxiety and Numerical Anxiety.
- How do you spot it?

Reading Anxiety

- A form of anxiety in which the subject of reading and/or the reading situation triggers a student's emotionality and worrisome thoughts.
- Reading Anxiety is associated with inhibitions of a student's *curiosity, intellectual engagement and Intellectual independence.*
- How do you spot it?

How To Spot Test, Math and Reading Anxiety

- **Worry : worrisome/ negative thoughts**
 - Ex. I can't do this.
 - I am going to fail.
 - People will think I am stupid.
 - I am a failure.
 - I am letting other people down.
 - My parents are going to be mad at me.

How To Spot Test, Math and Reading Anxiety (cont.)

- **Emotionality (Somatic and Physical/Symptoms)**
 - Head and Stomach aches
 - Hyperventilation
 - Nausea
 - Panic (acting out, screaming, crying, throwing objects/ non-compliance and running about the house)

Instructional Needs:

- The inability to sustain attention and concentration
- The inability to maintain Energy and effort
- The inability to regulate strong emotions
- The inability to retain information

What to do about it : (Implications for Instruction)

Instructional Implications:

- Reduce/modify the student's instructional and /or informational load.
- Build self esteem and resilience
- Curvilinear nature of Anxiety
- How to manage/ alleviate Anxiety
- Bind/Harness the Anxiety

What to do about it?

Instructional Modifications

- Extended time
- Perform Academic demands in less stressful environment
- Simulate in less stressful environment
- Over learning and review
- Know what is to be expected (Prepare)

Managing Emotions

- Remain Calm, try not to overreact (Anxiety is infectious/viral).
- Try to break the cycle (push the reset button)
- Reduce stimulation in the environment.
- Introduce items that have comforted your child in the past.
- Breathe!!!!

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Learning Alliance

- 1. Agreement of goals
- 2. Assignment of Tasks
- 3. Development of Bonds