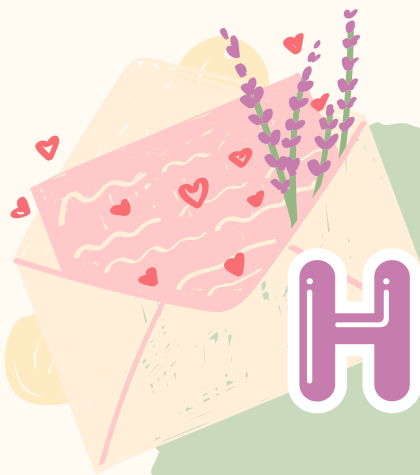


**HOW TO HELP STUDENTS  
REDUCE ANXIETY IN  
LEARNING**

**Jeanie Moon  
AELG, Spring 2024**



# AGENDA

1. Activator (5 min, 2:30-2:35)
2. Anxiety in Learning : Statistics & Trends discussion (10 min, 2:35- 2:45)
3. Friendly strategies:
  - Contrasting cases & Example vs. Non example (10 min, 2:45-2:55)
4. Your turn: Use one of the strategies for your students (10 min, 2:55- 3:05)
5. Q & A (5 min, 3:05-3:10)

# ACTIVATOR



WHAT % OF COLLEGE  
STUDENTS EXPERIENCE  
ANXIETY?

# ANXIETY IN EDUCATION

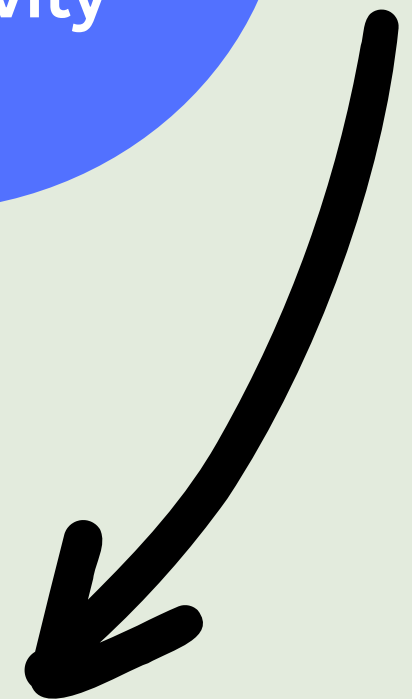
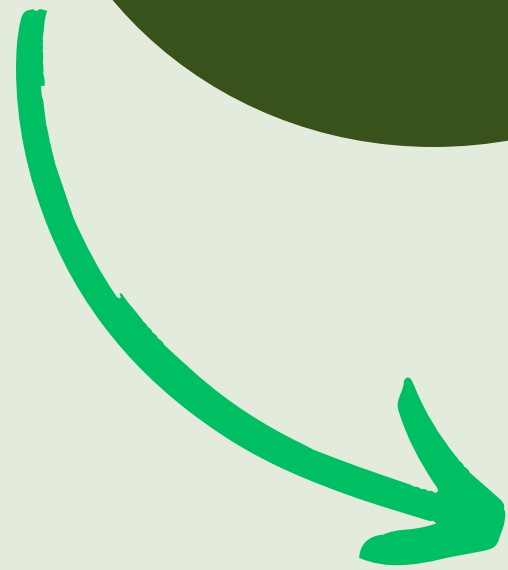
phobias:  
unrealistic fear  
relationship issues  
lose confidence

about 37%  
college students  
experienced  
anxiety  
*(21-22, Health Minds Study)*

can be easy to  
miss or  
overlook /  
insensitivity

Long-term damage  
drop-outs  
negative notions  
about school

Do students seek  
support?  
Why not?



# What can WE do?

- Pacing
- prior educational experiences
- placement (proficiency level)
- teaching style \*
- accommodations for non-native English speakers & students with special needs

small group (6 min. & 4 min sharing)

- Choose 1-2 to discuss
- Share experience (as teacher or student)
- Be ready to share your strategies / what you did to help the student



# ONE SOLUTION



# S.T.T

# SO LET LEARNERS TALK!

## Why STT?

STT = Student Talk Time

Keywords:

feelings, prompt feedback, feel heard, solve problems



## HOW TO START STT 1:

### Example vs. Non-example

- One correct solution vs. incorrect solution
- Students can choose the correct solution and explain why.
- Other students can agree or disagree.





# EXAMPLE VS. NON EXAMPLE (ENGLISH)

Topic: Coherence / transition words

A well-written paragraph  
with correctly used  
transition words

VS

A paragraph with  
wrongly used transition  
words

# STRATEGY 2: CONTRASTING CASES



- Helps learners
- recall details
  - make connections



**more  
conversations &  
constructive  
discussions**

What color is this?

What animal is  
this?

Single Case



Contrasting Cases



# CONTRASTING CASES

## ESOL

Topic: comparative adjectives



more intelligent

more logical

smarter

kinder

more emotional

more artistic

more creative

more careful

# CONTRASTING CASES (MATH)

Topic: Algebra

“Look at these two different ways to solve the equation. Choose which one you *like better*. Explain your reasons.”

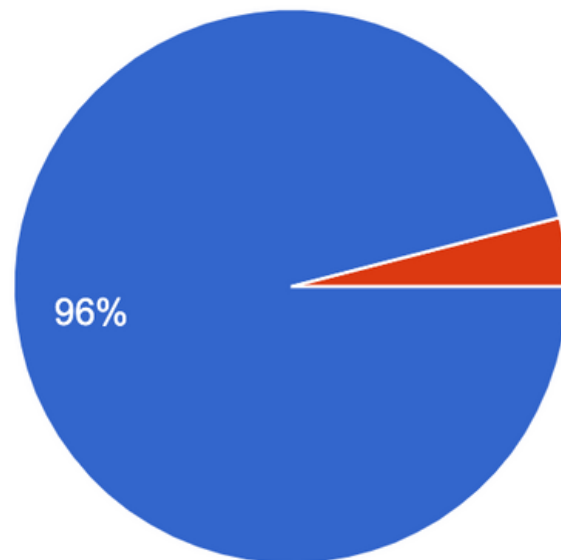
Case A	Case B
$2(2 + X) = 10$	$2(2 + X) = 10$
$4 + 2x = 10$	$2 + x = 10 / 2$
$2x = 10 - 4$	$2 + x = 5$
$2x = 6$	$x = 5 - 2$
$x = 3$	$x = 3$

# How do you know it works?

- lower drop-out rates
- increase of scores
- student feedback
- (from instructors) rating of my presentation

How approachable is Ms.Moon?  
¿Qué tan accesible es la Sra. Moon?

50 responses



Good perspective of why students have trouble with algebra, I like the two strategies- ex

The presenter offered many ideas on how to engage your students.

Jeanie was very engaging with great ideas for teaching algebra!

Although our program is very different, giving our client an opportunity to talk things thr

Great presentation. I now have some things I will try in my classes.

Excellent session with transferable information and strategies.

This presentation was excellent- from the fun, visually engaging powerpoint to the conte

All of the presentations so far have been great, and Jeanie Moon's content and delivery v

Very useful and practical!

Amazing presentation! Very engaging with excellent examples to use in the classroom!

# SMALL GROUP ACTIVITY

5 min: Discussion , 5 min: Share

In small groups, participants

- **choose one:** “example vs. non example” or “contrasting cases”
- **brainstorm** ideas to plan a lesson activity
- **subject won't matter now - the focus is brainstorming!**  
So mingle with people from other subject areas!





Final story

**Glossophobic**

Q & A

**THANK  
YOU**

# REFERENCES

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