

The Three Pillars of Anxiety-Reducing Support



Competence: "You Can Do This"

Teachers build confidence by breaking maths into steps and celebrating improvements.



Autonomy: "Your Thinking Matters"

Value students' reasoning; encourage exploration and explanation of problems.



Relatedness: "We're In This Together"

Strong relationships create safety for risk-taking without fear of judgment.



Psychological Needs in Maths

Three needs reduce maths anxiety, aligning with self-determination theory and PISA well-being.



PISA Findings

Positive relationships boost confidence, curiosity, enjoyment, and achievement.



How Teacher Support Cuts Maths Anxiety: What PISA 2022 Reveals for UK Parents

The Role of Teacher Support

Teacher support significantly reduces maths anxiety and boosts student confidence, enabling children to tackle challenging subjects like quadratic equations with enthusiasm.



Impact of Maths Anxiety

Maths anxiety is linked to poor performance. Students with high anxiety are more likely to underachieve, impacting their GCSE Maths results.



Findings from PISA 2022

PISA 2022 findings reveal that supportive teaching behaviors can directly reduce students' maths anxiety and enhance academic outcomes across various demographic groups.



Improving Student Achievement

Enhancing teacher support can transform student experiences, creating a positive feedback loop of increased engagement, higher enjoyment, and improved performance in mathematics.



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