On Building Math Self Confidence and Reducing Math Anxiety on
Students by Improving their Body Language

Karen Villaverde
Department of Mathematical Sciences
New Mexico State University
kvillave@nmsu.edu

This work describes an idea that we have for building Math self
confidence and reducing Math anxiety on students taking
pre-calculus classes. It is based on the belief that adopting a
confident body pose (or visualizing one) gives people
self-assurance. Students are shown power poses and voluntarily
asked to try them out for a few minutes before coming to their
Math class and before taking a quiz, midterm, or final. It is our
hypothesis that these power poses exercises change the brain so
that students build courage, reduce anxiety, and improve their
learning.