

# 5th Grader Copes Better with School-Related Anxiety After Returning to Mathnasium Canyon Country

Written by Liz Cotone

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## Meet Rose

At the age of seven, the summer before 2nd grade, Rose already had a passion for math. One day, while her mom was driving from the Golden Valley Shell station to Target, Rose saw a new store sign out the window. She said...



***Mommy, is that like a gym for doing math??***

Rose walked right in that day and met our center director Q Reed. She spent the next two years attending Mathnasium regularly for enrichment.

Rose's third grade teacher, who had been teaching for 30 years and specialized in mathematics education in graduate school, was extremely enthusiastic about her attendance, and said that Rose developed more and more confidence at school.

**Then, the COVID-19 pandemic hit.**

"Q and her team of tutors did an incredible job of quickly shifting to an online

*I don't know how we would have handled this transition without the confidence she gains from her time at Mathnasium.*

-Rose's mom

platform,” Rose’s mother says, “But after a few months, Rose’s tech anxiety kicked in, and she couldn’t continue her sessions.”

Rose has experienced school-related anxiety since pre-school. Although she’s a strong student, her perfectionism and fear of failure make learning sometimes impossible. She struggled through the pandemic with at-home tutoring. Because of a high-risk heart condition, she didn’t return to her school when it reopened in March of 2021.

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When it was clear that the best thing for Rose was to finally return in person as a fifth grader this year, her mother was worried. She wondered,

**“How will she cope with her anxiety about school after such a long time at home?”**



Over the summer, Rose asked her mom about going back to Mathnasium. “I was reluctant at first,” her mother says. “Going back to school was going to be hard enough without adding an extracurricular.”

but she decided to let Rose return to the center a month before school started.

Center Director Q Reed says, “I needed to get a new assessment from Rose, but I knew it might cause her anxiety, so I wanted to complete it over a number of sessions. **That’s unusual, but I knew it would be best for her.**”

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Q gave her just one page of her assessment each session, managing her anxiety with lots of fun math puzzles to solve and games to play in between. “She felt great about completing it and confident about her score,” her mother says.

As expected, Rose’s return to school was very anxiety provoking. Like a lot of kids returning after the pandemic, she experienced severe separation anxiety and had a hard time relaxing.

**But, when it came time for Math, she calmed right down.**

Rose realized that because of Mathnasium, she already knew how to do the problems. She shot her hand up to participate and zipped through the worksheet in front of her. **Her confidence soared.**

That moment became a touchstone for her in the following days. When she’d have a hard time managing her anxiety, she could close her eyes and remember that moment of triumph during her teacher’s math lesson.

**She knew she could handle it.**

Rose’s mother now says,  
“I’m so glad I decided to let her return to the center at the beginning of the school year. She’s doing so much better!!”

Rose is continuing to attend Mathnasium for enrichment two days a week, and she's currently saving up her star cards for a stuffed kitty.



“I love learning at Mathnasium and going at my own pace,” Rose says. **“At Mathnasium, my curriculum is special for me, because I’m really good at math!”**

Is your child having a hard time transitioning back to in-person classes?

Would you like to see if Mathnasium could help?

Call today or go online to schedule a consultation with  
Center Director Q Reed.

[www.mathnasium.com/canyoncountry](http://www.mathnasium.com/canyoncountry)

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