

# Myths about Maths

Many of us struggle with using numbers, but we can all improve. We bust some myths about maths so you can start getting on with numbers.

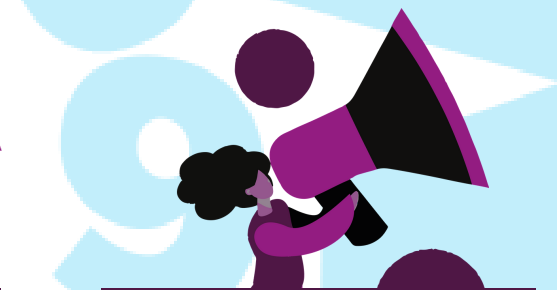


## Myth 1

I can't do maths because I never use it in my work or life.

## Busted

We all use maths every day: planning journeys, shopping, cooking, doing DIY: all of them are working with numbers!



## Myth 2

Learning maths as an adult is just like going back to school.

## Busted

As adults we can choose what and how we learn. You can do it online, confidentially and in your own space.



## Myth 3

Some people are naturally maths people, others are not.

## Busted

Maths ability is defined by experiences, not our genes. Maths is a skill we can all practise and get better at.



## Myth 4

It's unusual to feel anxious about maths.

## Busted

Maths anxiety is common: many people feel anxious, nervous or stressed when it comes to numbers. But it can be overcome.



## Myth 5

Some people won't improve, no matter how much they try.

## Busted

Ability is not fixed, everyone can get better at maths if they commit to it.

**You can  
overcome  
low number  
confidence.**

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