

Maths matters – so how can you help?

Mathematics is a fundamental subject that underpins many other learning areas and numerous career pathways. Research consistently shows that numeracy is associated with high academic achievement and workforce success. That's why it's so important that families and teachers work together to support students' maths learning.

Students with a positive attitude towards maths experience a range of benefits at school and beyond:

- **Better learning outcomes:** Students who have a positive attitude towards maths are more likely to be motivated and engaged learners. This can lead them to put in effort and persevere when faced with challenges.
- **Increased confidence:** By promoting a positive attitude towards maths, families and teachers can help reduce the risk of stress, anxiety and feelings of underachievement. When students feel capable and confident in their mathematical knowledge and skills, they are more likely to take on new challenges and succeed in other areas of their lives, including beyond school.

Improved employability skills: Learning to approach maths with an open and critical mindset prepares students to find creative and effective solutions to a range of real-world problems. These are important employability skills.

So what can families and teachers do to promote a positive attitude towards mathematics?

- **Maths is an essential part of daily life.** Demonstrate to students how maths is used in everyday situations at home and in community and work settings. Check out the [Maths Eyes](#) page on the Mathematics Hub for some great ideas!
- **Maths helps us to understand the world.** Find ways to tie maths to students' other interests. For example, if a student loves sport, use data and statistics to explore how their favourite team is performing.
- **There are interesting career pathways that involve maths.** Help students see that maths is used in a variety of careers, including data science, design, finance, technology and medicine.
- **Learning maths can be challenging, but it is also rewarding and enjoyable.** Provide positive feedback for successful milestones and avoid negative language. Emphasise having a go, persisting through a challenge, and seeking help with struggles. Show students that maths can be enjoyable by engaging students in mathematical play, games and puzzles.
- **Mistakes are opportunities for learning and growth.** Emphasise that while making mistakes can feel uncomfortable, everybody makes them. In fact, mistakes are a helpful part of the learning process.