

Myths About Maths

Many of us struggle with using numbers, but we can all improve. Let's 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 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 2

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

Busted

As adults, we can choose what and how we learn, whether that's in a college, or online at home or on your phone.



Myth 5

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

Busted

Ability is not fixed. With a little effort, we can all get better at maths.



Myth 3

Some people are naturally maths people; others are not.

Busted

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

Take the first step by clicking

You can overcome low number confidence. Take the first step at

