



## EXECUTIVE SUMMARY

As part of the evaluation of the Mental Health x Math Workshop Series, this report presents the findings from 33 students who completed a pre- and post-workshop survey. This report does not include the 75 students who completed only a pre-workshop survey or the 20 students who completed only the post-workshop survey.

The majority of students reported participating in the “Live (synchronous)” workshop series (see Table 1).

As shows in Table 2, more students reported feeling very confident (38%) or extremely confident (22%) in **their ability to learn math** after participating in the Mental Health x Math Workshop Series. Students’ confidence in their ability to learn math increased from an average of 2.97 pre-workshop to 3.75 post-workshop on a scale from 1 (not at all confident) to 5 (extremely confident) (see Figure 1).

Students’ average agreement with the two **negative statements about math** (i.e., “*I get tense/feel anxious when I need to prepare for a math test*”, “*I worry about taking math classes.*”) decreased after the workshop series (see Figure 2 and Table 3). Students’ average agreement with the five **positive statements about Math** (e.g., “*I believe I can be good at math.*”, “*I feel confident in my ability to manage any stress I have related to taking math classes.*”) increased after the workshop series. See Figure 3 and Table 4 for pre- and post-workshop averages and counts for each statement.

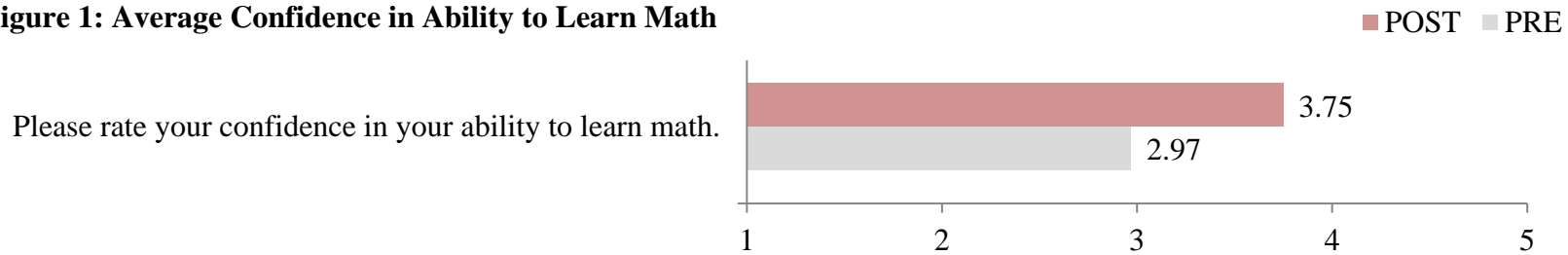
As shown in Figure 4, the majority of students strongly agreed (59%) and agreed (31%) that they would **recommend** the Mental Health x Math Workshop Series to others. One student who “Strongly agreed” that they would recommend the workshop stated: “*I enjoyed each time they were to visit my class, especially for math because they were able to relieve some stress and to help me ease up for the rest of the day.*”

Students reported that “Managing stress and anxiety” along with “Self-care”, “Mindfulness and meditation”, and “Math anxiety” were the **most useful topics**. See Table 5 and Figure 5 for count of the count for the most useful and not useful topics.

**Table 1: Count of Participation Format**

Participation Format	PRE	POST
Combination	8	3
Live (synchronous)	17	26
Other (please specify)	1	3
Via Video Recording	6	1
Blank	1	0
<b>Grand Total</b>	<b>33</b>	<b>33</b>

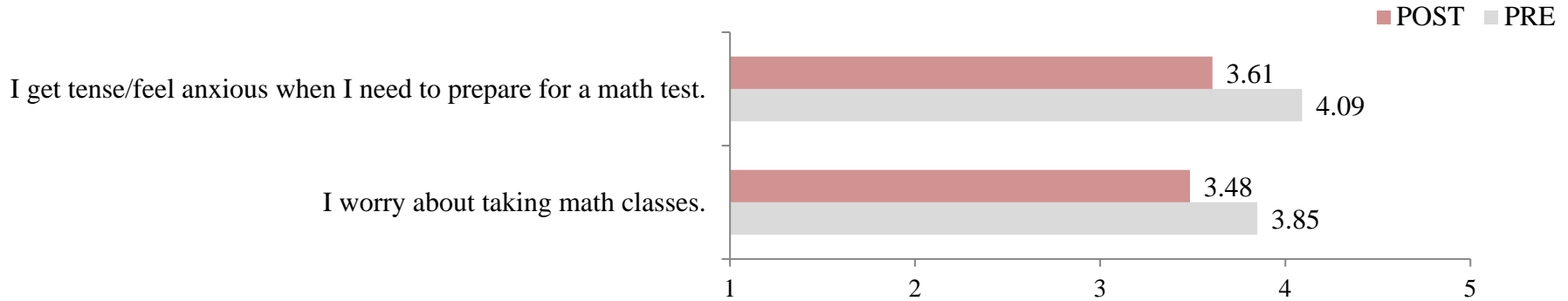
**Figure 1: Average Confidence in Ability to Learn Math**



**Table 2: Count of Confidence in Ability to Learn Math**

ITEM						POST	PRE
	1.Not at all Confident	2.Not so Confident	3.Somewhat Confident	4.Very Confident	5.Extremely Confident	Average	
Please rate your confidence in your ability to learn math.	3	5	16	6	2	2.97	
	1	0	12	12	7	3.75	

**Figure 2: Average Agreement with Negative Statement about Math**

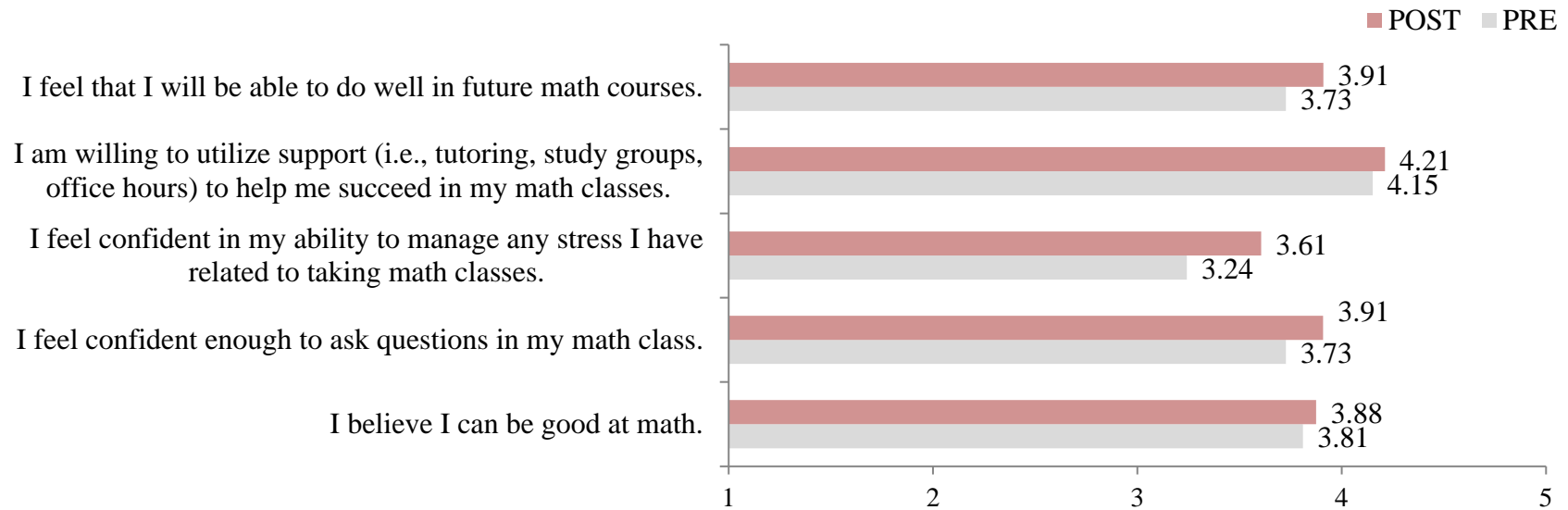


**Table 3: Count of Agreement with Negative Statement about Math**

POST	PRE
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ITEM	1.Strongly disagree	2.Disagree	3.Neither agree nor disagree	4.Agree	5.Strongly Agree	Average
I get tense/feel anxious when I need to prepare for a math test.	1	3	4	9	16	4.09
	2	6	3	14	8	3.61
I worry about taking math classes.	1	3	7	11	11	3.85
	1	3	7	11	11	3.48

**Figure 3: Average Agreement with Positive Statement about Math**



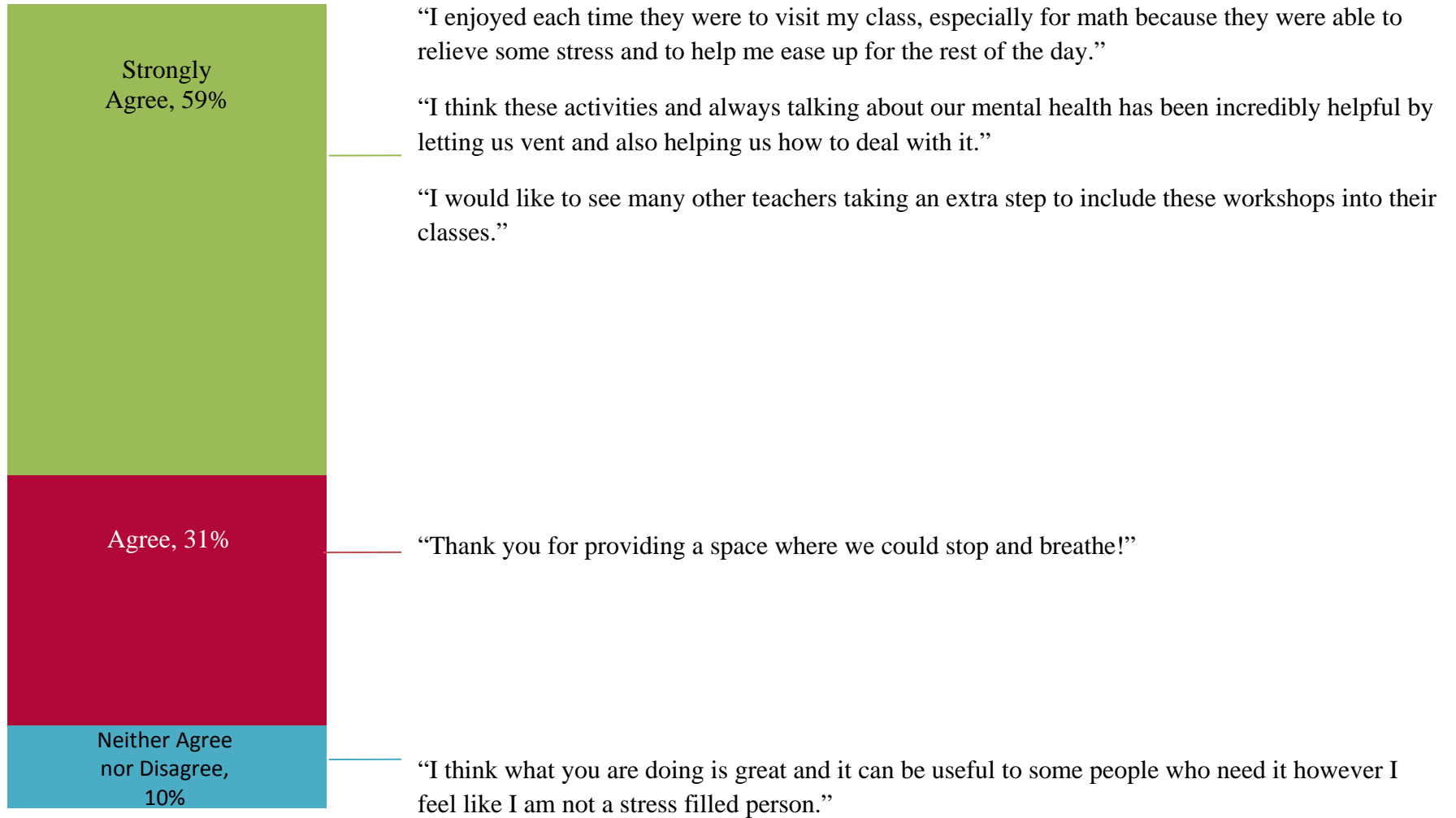
**Table 4: Count of Agreement with Positive Statement about Math**

ITEM						POST	PRE
	1.Strongly disagree	2.Disagree	3.Neither agree nor disagree	4.Agree	5.Strongly Agree	Average	
I believe I can be good at math.	1	2	6	16	7	3.81	
	2	1	5	15	9	3.88	
I feel confident enough to ask questions in my math class.	1	4	7	12	9	3.73	
	2	2	6	10	13	3.91	
I feel confident in my ability to manage any stress I have related to taking math classes.	1	10	5	14	3	3.24	
	1	4	5	20	3	3.61	
I am willing to utilize support (i.e., tutoring, study groups, office hours) to help me succeed in my math classes.	0	2	5	12	14	4.15	
	0	2	2	16	13	4.21	
I feel that I will be able to do well in future math courses.	0	1	12	15	5	3.73	
	0	4	4	16	9	3.91	

**Figure 4: Agreement with Recommending the Workshop**

**"I would recommend this workshop to others."**

**"Please provide any additional comments/feedback or any suggestions on what you would like to see included in the future."**



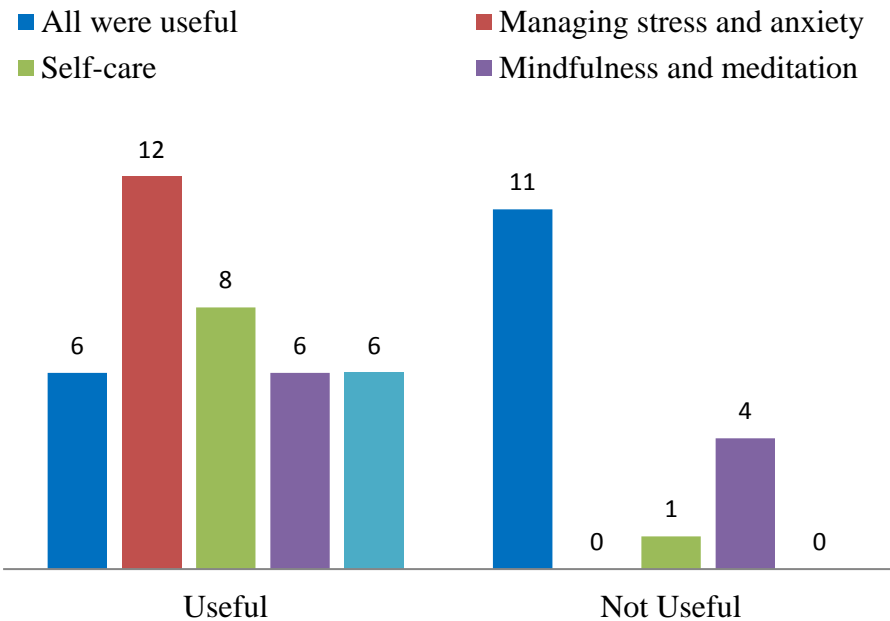
## What topics and activities were most useful or interesting to you?

*“Some activities I really enjoyed were sharing our struggles as well as sharing how we deal with them. Sometimes we think were the only ones struggling, but by everyone sharing not only does it create a connection with our classmates, but it lets us know we will get through it together.”*

*“I truly enjoyed everything, but mainly when we would take time to practice breathing techniques to help relieve stress.”*

*“Self-care and managing stress were most useful because I feel more confident in myself.”*

**Figure 5: Top Five "Most Useful" and "Not Useful" Topics and Activities**



**Table 5: Count of "Most Useful" and "Not Useful" Topics and Activities**

Activities and Topics	Useful	Not Useful
All were useful	6	11
Managing stress and anxiety	12	0
Self-care	8	1
Mindfulness and meditation	6	4
Math Anxiety	6	0
Sleep hygiene and body care	3	1
Self-advocacy	2	0
Other: breathing techniques	2	0
Other: sharing our struggles	1	0
Zoom Fatigue	1	2
Cultural influences	0	0
Progressive muscle relaxation	0	0