

Number Confidence Week 2023

This week is all about gaining confidence with number skills. But, why might someone lack confidence? National Numeracy identify 2 key barriers: maths anxiety and dyscalculia.

Maths anxiety makes individuals feel worried or stressed about maths. Dyscalculia is a neurodivergent neurotype associated with differences in understanding numerical information.

Both adults and children experience dyscalculia and maths anxiety. They are not linked to intelligence or ability, but may affect numeracy levels.

Numeracy is all about being able to confidently use basic maths in your day-to-day life... Whether that is planning the most time- and cost-effective route to court, or working out which Black Friday deals are actually worth it.

How can you improve your numeracy skills? Give the National Numeracy Challenge a try:
<https://www.nationalnumeracy.org.uk>

The Challenge can help take the stress out of learning maths. Information from:
<https://www.nationalnumeracy.org.uk>