



**Chesapeake Section of the
American Association of Physics Teachers
Fall 2021 Virtual Meeting**

Contribution ID: 11

Type: **Talk**

PHYSANIC : Physics Panic and How to Keep it Away!

Saturday, October 23, 2021 9:00 AM (15 minutes)

A physics course is often the most difficult class in a student's schedule. This can cause great stress, panic, and lead to a general dislike of the sciences. We will discuss causes of poor mental health due to anxiety induced by a physics course and how to avoid it. A good starting point is to have discussions with experienced instructors about key problems in the classroom and how they fix them. Students that are singled out, get terrible grades before the curve, work too quickly, don't have the equipment to succeed, and have stressed out instructors do poorly and dislike coming to class. Knowing your own boundaries and anticipating issues before they arise can make your physics course the favorite of their academic career and instill a love of learning science.

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Session Classification: Morning Session 1