



Learned helplessness and maths resilience

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Math – The only
place where people
can buy 60
watermelons and no
one asks them WHY.

Mother –daughter dyad

Heather
(Mother)

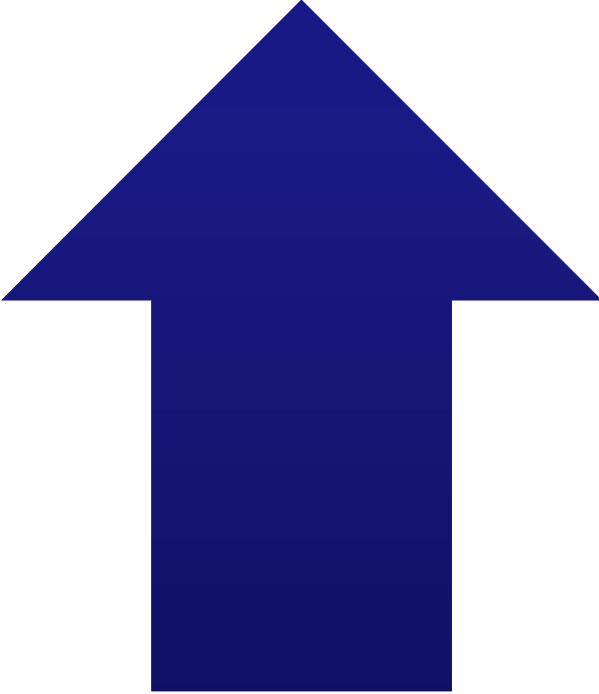
Rose
(Daughter)

Mathematics



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graph TD; Heather[Heather (Mother)] --> Mathematics((Mathematics)); Rose[Rose (Daughter)] --> Mathematics;
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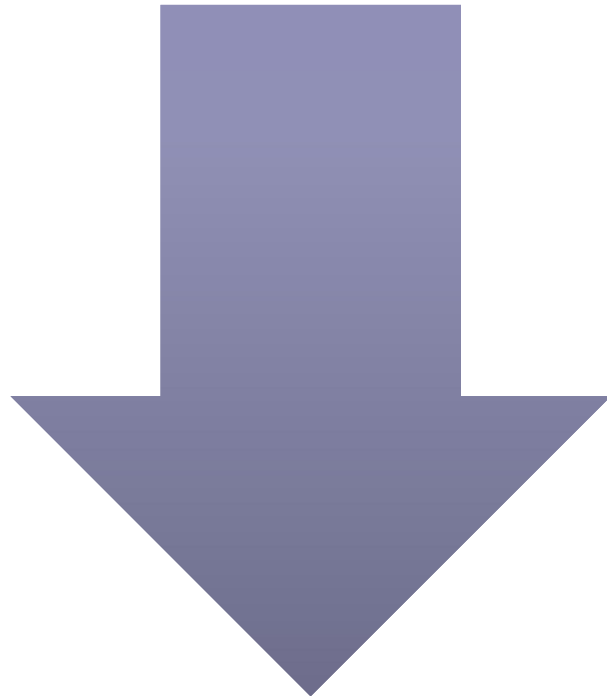
- Interference with adaptive reasoning - when people become convinced that there is no relation between input and output in events [Seligman 1972: 408](#)
- → Belief that one can not control events
- Is about *perception* rather than reality (though the two may overlap)



Internal helplessness

- The subject can not fix the issue but others could

No amount of effort or ability will change the situation



External helplessness

- No one can fix the issue

Heather's story

- Having enjoyed maths till year 6
- Reprimanded by her teacher for using the wrong method to arrive at an answer, and the teacher “made me feel stupid in front of my peers when I explained my methods”.
- Maths became and remained problematic
- Feelings of shame, guilt
- “Calculator is my best friend”

- Fell behind in maths early on
- Lost confidence in own ability
- Accused by teachers of not trying hard enough
- Support promised but did not materialise

- “Swallowed more and more pride” to ask teachers how to help Rose
- Told even if she had GCSE in maths, would not be able to help
- “Best left to the school” – school presenting as owning maths and mathematical knowledge

- Heather asked help of Diana, prepared to be laughed at, “other than shame and embarrassment what did I have to lose?”
- But, “It was like I was asking directions somewhere....”
- “The only major change is confidence, and we’re both so much happier and actually enjoy the subject”

- Hence feelings of “shame” and “guilt”
- Overcome by increased confidence, coming from a *removal* of personal blame/guilt

Recommendations

- Value of parental engagement well known
- Schools and other groups to recognise the importance of PARENTAL maths resilience
- As well as for children/young people