

Sheila Tobias to be Featured on CUTV News Radio

TUCSON, ARIZONA, UNITED STATES, February 15, 2018 /EINPresswire.com/ -- In our educational school system, mathematics is the subject that many of us have grappled with the hardest. And some without success. If we're females, we're sometimes told it's our gender that's making us dull in math.

Are males inherently more capable of solving math problems than females? Why do American students of both genders do poorly on International competitions?

Sheila Tobias is lifetime proponent of "math mental health", the author of 14 books on topics women don't usually write about: science, defense policy and mathematics. Her books include: "Overcoming Math Anxiety," "Science Teaching as a Profession: Why It isn't why it could be", "Succeed with Math" and "The People's Guide to National Defense."

But she's especially committed to and famous for "demystifying mathematics" and for trying to find out why otherwise intelligent women and men are underperforming in mathematics.



"Thirty years ago math anxiety was not recognized either by teachers or by scholars," says Sheila. "I coined the term, as a way of explaining to myself and others why women – whose brains were in every way equal to men's -- experienced mathematics differently. For me it was a feminist issue because lack of math confidence locks us out of the higher levels of science, business, architecture, and engineering. Even more damaging was the general explanation: math avoidance is in our genes. We were supposed to accept males' general superiority in math. "

Today, math avoidance has become a national problem for female and male students, some of whom are literally changing fields to avoid college algebra and limiting their career options in other ways.

"Even my in-depth, extremely resourceful books on math won't help you overcome your fear," says Sheila, "unless you take charge of your life's priorities."

What to do?

What makes Sheila's recommendation so basic and effortless is she's not urging people to go back to

school or read her books she's simply advising you to get a trainer, just the way you would for a 5 k marathon. Don't live one more year disabled by math anxiety."

"I have made a career of tackling subjects in which I have not had formal training," explains Sheila "We live in a world where we're told experts should be our guides."

"But democracy cannot thrive in a world where information is owned only by experts," says Sheila. "The whole principle of democracy is so ordinary people have the capacity to voice their opinions, meaning we have to figure out a way for them to feel empowered by information and if we don't have the skills or talent to access it we are undermining democracy."

CUTV News Radio will feature Sheila Tobias in an interview with Doug Llewelyn on February 19th at 1pm EST.

Listen to the show on [BlogTalkRadio](#). If you have any questions for our guest please call (347) 996-3389

For more information on Sheila Tobias visit www.sheilatobias.com

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