Why Is Your Daughter More Scared of Math Than Your Son?

Female students in the U.S. perform almost as well as males in math, but have three times as much anxiety about the subject.

By Jeannette Cooperman
August 18, 2016

Generated from News Bureau press release: “Girls More Anxious about Mathematics, STEM Subjects Comparted to Boys”

Nancy Mueller, a math teacher at Rosati-Kain Catholic High School, cringes when parents tell their daughters, “Oh, I wasn’t good in math.” But according to David Geary, Curators’ Professor in psychological sciences at the University of Missouri–Columbia, even having a mother in a STEM profession doesn’t alleviate the math anxiety that plagues so many girls.

Geary and his team analyzed math anxiety and performance in 15-year-olds around the world. In developing countries, boys and girls alike were terrified of math. In developed countries, an odd asymmetry emerged. Girls in the U.S., for example, performed almost as well as boys—but had three times as much anxiety.

Geary thinks that a fundamental difference is playing out. If you look at sex differences in occupations, he says, women gravitate toward careers involved with people and men toward careers involving things. Math is abstract, and it’s often taught as a closed, formal world of its own—without enough human interest to liven all that drill.

Mary Jude Schmitz, chair of the math department at Nerinx Hall High School, blames more than boredom: “Girls tend to be perfectionists, good at following rules, eager to please. They want to do well because they’re supposed to, and that causes them to want to take fewer risks. So when math gets harder”—anxiety kicks in. “I have to really work to change that idea that if you don’t get it right away, that means you’re not smart in math.”

What Mueller fights is a tendency in her students “to take the back seat, to be passive learners. I want them to lean in.” As she’s speaking, a young woman comes into her office for a little extra math help. Since the sixth grade, the student says, she’s been terrified: “I like it when I figure out the problem and know what I’m doing, but I get nervous, and I mess up a lot.” Her grade school teacher just gave her the answers, she grumbles, and never explained anything.
That’s a big part of the problem: Math isn’t unpacked or given real-world significance. “A lot of times it’s taught as a system of steps to take, rules to memorize,” says Schmitz, “instead of a lot of different things fitting together.”

How, then, in a world focused on STEM, should girls be taught? Emphasize math’s role in human interactions, suggests Geary. Reassure them that math isn’t meant to be grasped instantly and that it’s OK to make mistakes. Let them glimpse the big picture behind all the rules. In the end, only practice can ease anxiety. And anxiety is why many girls avoid the practice.

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**How to work out the menopause**

Generated from News Bureau press release: [Deactivation of Brain Receptors in Postmenopausal Women May Lead to Lack of Physical Activity](#)

Menopause: the word strikes terror into the heart of women everywhere. It is not simply the liberating phase in a woman's life where her ovaries stop releasing eggs and her periods stop - meaning she is no longer fertile. It is a time of plague, when hot flushes, mood swings, exhaustion and weight gain are rained down upon us.

But if new research from the US is to be believed, not all of these symptoms are unavoidable when menopause strikes. The study shows that exhaustion and attendant weight gain can result during menopause due to changes in a woman's brain activity, which causes a lack of motivation to keep active.

**The team of researchers from the University of Missouri has identified a link between ovarian hormones and dopamine levels in the brain, which make us feel good after exercising.**

By pinpointing the reason why menopausal women lose interest in exercise, researchers may lead the way to new methods of treating lethargy and increasing motivation during menopause.

"Postmenopausal women are more susceptible to weight gain and health issues," one of the study's authors, Dr Victoria Vieira-Potter, has said. "This is especially frustrating for women who already are dealing with significant changes to their bodies. We found that
the decrease in physical activity that leads to weight gain may be caused by changes in brain activity.

"Understanding what is causing the decrease in activity and subsequent weight gain may allow us to intervene, possibly by activating dopamine receptors, to preserve the motivation to be physically active."

Diet and nutrition expert Fiona Montague says menopausal women can reduce the propensity towards weight gain by taking extra care with their diet to combat the potential reduction in exercise.

"Reduced energy, changes to our moods and increased cravings are just a few of the symptoms we have to look forward to with the menopause, so it’s no wonder women turn to food and find it difficult to feel motivated to exercise," she says.

Montague says changing what you eat during menopause can have a huge impact on your health and well-being.

"The importance of balancing your blood sugars is often only considered a necessity for those suffering with diabetes. However, something as simple as balancing your blood sugars and [so, your] hormones during the menopause is one simple, yet effective way, to help reduce these symptoms."

The Dublin-based nutritionist offers five dietary tips to help with menopause:

1. Eat every three hours, combining complex carbs such as wholegrain bread, pasta, brown rice, quinoa or oats, with a small amount of protein with every meal.

2. Ensure you are getting enough good fats found in oily fish, nuts and seeds.

3. Avoid sugar and watch for hidden sugars found in processed foods.

4. Eat phytoestrogens such as chickpeas, lentils, seeds, soya products and lentils.

5. Drink plenty of water or herbal teas while reducing your tea, coffee and alcohol intake as these dehydrate you.

MU Offers Free Active Shooter Trainings

Generated from News Bureau Media Advisory: "Active Threat/Active Shooter Training to be Held"

Watch the story:

THE KANSAS CITY STAR.

AUGUST 18, 2016 8:52 AM

Push to allow concealed guns on Missouri campuses wins support of Chris Koster

The facts, faces and hum of Election 2016 with Steve Kraske and Dave Helling

BY JASON HANCOCK
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The Democratic nominee for Missouri governor filed a lawsuit this week in support of a University of Missouri professor's efforts to bring a concealed weapon on campus.
Royce Barondes, an associate professor at the University of Missouri School of Law, filed a lawsuit last year challenging a rule by the university’s board of curators prohibiting concealed firearms on campus even if they are stored in a locked vehicle. The lawsuit argues the rule violates state law and the Missouri Constitution, which voters amended in 2014 to strengthen gun rights in the state.

Attorney General Chris Koster, who won the Democratic gubernatorial nomination earlier this month, filed a lawsuit of his own Tuesday in support of Barondes and arguing that the university rule conflicts with state law and is therefore unenforceable.

Koster’s lawsuit notes that a concealed carry permit does not authorize a person to carry a gun into a higher education institution without the consent of the university’s governing body. But possession of a firearm in a vehicle is not a criminal offense, he said. University employees who hold valid concealed-carry permits, the lawsuit argues, must be allowed to keep firearms locked in their vehicles while parked on campus property.

A spokeswoman for the attorney general’s office said the lawsuit was filed “to ensure that Missouri statutes and constitution are applied correctly and responsibly.”

In May, the Missouri House approved a bill that would have allowed university employees to carry a concealed weapon on campus, although students would have still been prohibited. The legislation never got traction in the Missouri Senate.

Koster, who faced Republican Eric Greitens in the governor’s race this fall, has regularly broken with his party’s base on the issue of guns, most recently by supporting a bill vetoed by Democratic Gov. Jay Nixon that would eliminate permit requirements to carry a concealed weapon.

He’s widely considered to be in the running for the NRA endorsement this fall. He won the gun-rights group’s endorsement in his 2012 campaign for attorney general.
The Missouri Attorney General's Office on Tuesday sued the University of Missouri Board of Curators and interim President Mike Middleton in support of a law professor's challenge to the campus firearms ban.

In the suit, Andrew Hirth, deputy general counsel for Attorney General Chris Koster, wrote that the campus ban on guns conflicts with state law because it does not allow employees to have a concealed gun secured and locked in a vehicle while it is parked or allow for people to transfer firearms to each other “in a calm and nonthreatening manner.” The ban also violates the Missouri Constitution because, Hirth wrote, it fails to “consider the particularized safety concerns of individual, law-abiding employees with valid concealed-carry permits” and to make case-by-case determinations about whether employees should be allowed to carry concealed firearms on any of the system’s four campuses.

The restriction that prohibits firearms does not meet the “strict scrutiny” requirement of Amendment 5, which voters passed in August 2014 and which strengthened gun rights in Missouri, and therefore violates the state constitution, Hirth wrote. Any restriction on the ownership of guns has to stand up to strict scrutiny and can only be done if the issue is “narrowly tailored to achieve a compelling interest.” Hirth alleges that the ban is not narrowly tailored because it provides no recourse for law-abiding concealed-carry permit holders to request an exemption.

Koster is the Democratic Party’s nominee for governor. Many Democratic lawmakers have argued against recent proposals to allow concealed carry on state campuses.

The suit, filed in Boone County, asks for a judgment on the case filed in Cole County in September by School of Law Professor Royce de R. Barondes. The proper venue for the case is Boone County, Hirth wrote. Circuit Judge Jeff Harris was assigned the case.
John Fougere, the UM System spokesman, directed a reporter to a statement he issued when Barondes filed his suit, which says the ban is narrowly tailored to achieve its interest in preserving safety on campus.

“The right to keep and bear arms under the federal and state constitutions is laudable, but not absolute,” according to the statement. “The law has long recognized reasonable exceptions to that right, including exceptions for schools and colleges.”

Nanci Gonder, Koster’s spokeswoman in the attorney general’s office, said in an emailed statement that the filing is a “parallel step” to Barondes’ suit.

“Koster initiated this action to stabilize the legal issue in a proper venue, and to ensure that Missouri statutes and constitution are applied correctly and responsibly,” Gonder said.
In the lawsuit filed Tuesday in Boone County, Andrew Hirth, deputy general counsel for Attorney General Chris Koster, wrote that the campus ban on guns conflicts with state law.

The lawsuit asks for a judgment on the case filed in Cole County in September by School of Law Professor Royce de R. Barondes. The attorney general's spokeswoman says the Boone County lawsuit is a "parallel step" to Barondes' lawsuit.

The Columbia Daily Tribune reports (http://j.mp/2bpQFRe) that university system spokesman John Fougere says the university’s ban is narrowly tailored to achieve its interest in preserving campus safety.

ST. LOUIS POST-DISPATCH

**Earleywine will return to coach at Mizzou**

By Dave Matter St. Louis Post-Dispatch, 15 hrs ago

UPDATED, 4:30 p.m.

COLUMBIA, MO. • Under investigation by the Missouri athletics department and later by the school's Title IX Office, Tigers softball coach Ehren Earleywine will return to coach the team for the 2017 season, a university source confirmed Thursday. Mizzou was expected to formally announce the decision perhaps as soon as Thursday afternoon.

In April, Earleywine came under investigation by former athletics director Mack Rhoades when the athletics department received complaints from players about Earleywine’s coaching style. Rhoades declined to elaborate on the nature of the complaints, only calling them "allegations of serious gravity." After Rhoades launched an internal review, Earleywine admitted to using foul language with players but said he had sought counseling with a sports psychologist.
In response to the investigation, the Tigers' five-player unity council announced May 7 the team was playing in protest of Rhoades and the athletics department and issued multiple statements to the media, harshly criticizing Rhoades' handling of the internal review, which they described as an "interrogation." Earleywine later asked the players to drop their protest so his bosses could conclude the investigation.

Sami Fagan, a senior last season and a member of the council who helped lead the protest, was thrilled when Rhoades left for the AD job at Baylor and hoped it would mean Earleywine would return for an 11th season at Mizzou.

"I'm relieved because I think Coach E deserves to remain the coach at Mizzou because he's a Missouri guy," she said in a phone interview. "He's invested so much into that school. He's just a great man. I wouldn't have stood up for him if he didn't help me as a player but more importantly as a person. I am so thankful for all that he's done for me. My sister is committed to Mizzou and I wouldn't let he go there if he wasn't a great coach and a great man. For all he's done for me, I had to stand up as a player and do what I could as a player that honestly loves him."

As the Tigers began the postseason, the university's Title IX Office joined the investigation and on May 23 the school's Title IX investigators interviewed Earleywine, five days before his team began play in the NCAA super regionals at Michigan.

Earlier this month, interim chancellor Hank Foley confirmed that the Title IX investigation discovered no violations of federal law. When new AD Jim Sterk was hired last week, Sterk and other MU administrators said they expected Earleywine's status to be resolved soon.

In 10 seasons at Mizzou, Earleywine is 452-154 with eight NCAA regional championships and three Women's College World Series appearances. He has two years left on his contract that pays him a base salary of $155,000.
Mizzou softball coach Ehren Earleywine expected to return in 2017

BY TOD PALMER
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COLUMBIA - After a four-month investigation, Ehren Earleywine will keep his job and return for an 11th season as Missouri's softball coach, a source confirmed Thursday to The Star.

MU’s decision to keep Earleywine was first reported by Chris Gervino of KOMU-TV in Columbia. Missouri is expected to make a formal announcement soon.

Earleywine, who is 453-154 in 10 seasons at MU, has been under investigation since April for alleged verbal abuse of players. The athletic department announced the investigation after receiving complaints from several team members early last season.

Former MU athletic director Mack Rhoades, who resigned in July to become athletic director at Baylor, never suspended Earleywine during the investigation, which was made public May 7 when the MU softball team’s Unity Council released a statement objecting to the investigation. The Unity Council took Rhoades to task for his handling of the situation and announced the team was playing under protest.

Earleywine, who subsequently revealed that he had voluntarily entered counseling to improve the way he communicates with his team, called for the players to drop the protest six days later in a text message sent to several media outlets, including The Star. Missouri’s players obliged and ended the protest in the days leading up to NCAA regional play in Columbia, which the Tigers dominated behind junior ace Paige Lowary.

The Star learned in late May that the investigation also included MU’s Office for Civil Rights & Title IX. But interim MU chancellor Hank Foley announced two weeks ago that Earleywine’s conduct had not violated any federal non-discrimination laws.
But Foley did not indicate if Earleywine would be retained at that time, saying that “senior leaders in athletics are currently discussing next steps.” Several sources indicated that the school intended to put Earleywine on a social contract that outlined expectations for his behavior.

Last month, Lowary announced that she was transferring to Oklahoma. Fellow Tigers pitcher Tori Finucane also opted to transfer and will finish her career at Minnesota, becoming the seventh player to leave the program since the start of the 2016 season. Erin Gilliland, Sara Harvey, Chase Nelson, Sydney Sprague and Morgan Walters also left Mizzou, which finished 42-16 last season and won the eighth regional championship during Earleywine’s tenure.

The Tigers reached the Women’s College World Series in three consecutive seasons under Earleywine, from 2009-11, and were chosen as the National Fastpitch Coaches Association Midwest staff of the year in 2009, 2010 and 2012.

Earleywine received a public reprimand from the NFCA last August for disparaging comments about other programs, including a less-than-polite email exchange with Missouri State’s Holly Hesse, and a series of ejections during the 2015 season.

He was suspended for the 2016 season opener for a secondary violation of NCAA rules when he emailed a prospective student-athlete a scholarship offer before Aug. 1 of her senior year. Had Earleywine made a verbal offer, it would have been within NCAA bylaws, but by putting it in an email it became a Level III infraction.

Earleywine was the 2011 Big 12 coach of the year after leading Mizzou to a regular-season title in the penultimate season before moving to the Southeastern Conference.

Source: softball coach Ehren Earleywine to stay at Mizzou


COLUMBIA -
Mizzou will retain softball coach Ehren Earleywine, a source told ABC 17 News. This comes a week after MU officials confirmed Earleywine did not violate Title IX. An MU spokesperson tells ABC 17 News there is no official word as of yet from Mizzou.
Earleywine's job came into question this past May when it became public that former athletic director Mack Rhoades started an investigation into Earleywine's behavior. Rhoades said the investigation stemmed from player complaints.

On May 8th, Earleywine said, "If I survive, then it will be my best coaching job to date."

Earleywine has survived, and he will now coach his 11th season with Mizzou this upcoming year. In his 10 seasons with the Tigers, Earleywine has a 453-154 record, which includes three trips to the Women's College World Series.

No jail time for Missouri Capitol clergy protest

By DAVID A. LIEB Associated Press, 15 hrs ago

JEFFERSON CITY, Mo. (AP) — Twenty-two religious leaders were spared from jail Thursday but still could face fines after being convicted of trespassing during protests in the Missouri Senate in support of expanded Medicaid coverage for low-income adults.

The religious leaders, many of whom are black, were among hundreds of clergy and other activists who filled the Senate gallery in May 2014, singing hymns and chanting for lawmakers to expand Medicaid eligibility as envisioned by Democratic President Barack Obama's health care law. Missouri's Republican-led Legislature has declined to do so.
Police arrested 23 protesters, who became known as the "Medicaid 23," when they failed to leave the chamber. One person wasn't present for jury selection earlier this week and will be tried separately.

Jurors on Wednesday convicted the 22 religious leaders of first-degree trespassing but acquitted them of charges of disrupting government operations. They could have faced up to six months in jail and up to a $500 fine. But it took jurors only about 10 minutes Thursday to decide against jail time and instead recommend a fine.

Cole County Circuit Judge Dan Green said he would determine the amount of that fine at an unspecified future date. A typical fine for trespassing in Jefferson City is about $100, said attorney Nimrod Chapel Jr., president of the Missouri NAACP, who helped represent the defendants.

The religious leaders gathered for a group photo Thursday on the steps of the Cole County Courthouse but deferred questions to their attorneys. Chapel said they were considering whether to appeal.

"This tough-on-crime stand, that we've got to hammer down on traditional American values, is ridiculous," Chapel told reporters. "There's no need for us to impose a stiff sentence, to prosecute people talking about their First Amendment rights."

Chapel denounced the prosecutor as "out-of-touch" with the community, considering that Missouri has been a "touchstone" for racial issues.

The Medicaid protest occurred three months before the fatal Ferguson police shooting of Michael Brown sparked local riots and a national debate about the way police interact with black residents. The white officer was cleared of wrongdoing by a state grand jury and the U.S. Department of Justice.
A little over a year later, a protest by black students at the University of Missouri-Columbia over perceived indifference to their concerns culminated with a threatened boycott by the football team and the resignation of university leaders.

This year, Republican candidates for governor and other top state offices have been running on a law-and-order theme of cracking down on protesters.

Cole County Prosecutor Mark Richardson, who is a Republican, declined to comment Thursday about the case against the faith leaders. He had told jurors during closing arguments that the protesters had "all the chance in the world" to leave but did not.

Republican state Rep. Jay Barnes, who is one of their defense attorneys, blasted Richardson for bringing the charges. Barnes said he hadn't heard from a single lawmaker saying it was appropriate to charge them.

"For him to stand in the courtroom and pretend that he is the caped crusader defending the Capitol is a complete, utter farce," said Barnes, one of the few Republicans who had proposed bills to expand Medicaid coverage to more low-income adults.

Democratic Gov. Jay Nixon said any frustration should be directed at GOP lawmakers, not at the protesting pastors.

"People certainly have the right to come, to be there in an open public place," Nixon told reporters Thursday at the Missouri State Fair in Sedalia. "These clergy on the front lines of the working poor, they're passionate about this for the right reasons."