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Through this mobility program, I learned that academic difficulties are not limited solely to challenges in language acquisition. Mathematics also plays a fundamental role in a child's



overall cognitive development. If mathematical concepts are not taught effectively, this can have a negative impact on the learner's progress in other subjects that rely heavily on mathematical understanding, such as chemistry and physics.

A key insight I gained is the strong connection between cognitive development and mathematical ability. Core cognitive skills—such as number sense, working memory, visuospatial abilities, and the speed of information processing—are essential for successful mathematical learning. When these underlying cognitive domains are not sufficiently developed, learners may struggle to understand and apply mathematical concepts.

I also learned that Maths anxiety can often arise because of difficulties in these cognitive areas.

When learners repeatedly experience challenges or failure in mathematics, this can lead to increased

anxiety, reduced confidence, and avoidance of mathematical tasks. The program provided valuable insights into how effective teaching strategies can integrate both cognitive and pedagogical approaches. By understanding the cognitive processes involved in learning mathematics, educators can design targeted interventions and use appropriate tools—such as manipulatives, structure activities, and Maths games—to support conceptual understanding and build learners' confidence.



This experience has deepened my understanding of the importance of adopting a holistic approach to mathematics teaching, where both cognitive development and teaching methodology are considered to support all learners effectively.