

Date _____

Math! A Four Letter Word

Myth #1 - You do not need math unless you are interested in a scientific career.

Math teaches you how to:

- think
- organize your thoughts
- analyze information
- better understand the world around you

Myth #2 - Only a few people have mathematical minds, and usually they are men.

Everyone can do well in math.

Myth #3 – If you are missing mathematical information and knowledge, it is too late to learn.

People of any age and heritage can learn to do math.

Tips for Success

- Don't take an advance class without the proper background.
- Set aside study time each day.
- Get extra help when you need it.
- Make sure you really understand it. You can't memorize math.
- Trust your intuition.
- Understand the right and wrong parts of the math work to help you better understand the problem.

Psychological Methods to Overcome Math Anxiety

- Instead of fleeing anxiety – face it. Feel the anxiety for a few moments and use deep breathing and muscle relaxation techniques to allow yourself to calm down.
- Don't allow "what if" questions. Instead say, "I can." "I want." This leads to a problem solving approach.
- First go to problems that feel comfortable to loosen-up and become engaged.
- Keep a diary of your thoughts when you get anxious and talk with counselor or tutor about your thoughts.

How to Increase Math Performance

- Read math textbook before you try problems.
- Write down definitions and theorems.
- Recite definitions and theorems out loud, and rewrite and say what they mean to you in your own words.
- Practice lots of problems with assignments and practice tests.
- Don't cram. Begin your review several days in advance.

Remember, there is no substitute for practice!!!