

MATH ANXIETY

Extracted from *The Study Skills Workbook*,
third edition, by

[Dr. Carolyn H. Hopper](#)

Winning at Math, third edition, by Paul D.
Nolting, Ph.D.



How Math Is Different from Other Subjects

1. Different study processes.
2. You must APPLY your knowledge and studying. You have to do the problems.
2. Linear learning process.
your success depends on learning chapter 1 before chapter 2 and so on.
3. Your success depends on understanding each step of the process.
 - *You cannot skip steps or chapters!*

Not like High School Math!

3. Like a foreign language. It must be practiced EVERY DAY, and often the VOCABULARY is unfamiliar.

4. College Math classes are harder. Instead of going to class everyday, in college you go only two or three times a week.

• *What took a year to learn in high school is now covered in only fifteen weeks!*

Unique Study Strategy Needs

Exercise: Given the four differences mentioned previously, make a list of specific study strategies you will use in studying math.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Suggestions for Studying Math

• Reasons Why People Have Math Anxiety

1. People don't try to understand; they just memorize.
2. They are under-prepared - MATH IS CUMULATIVE.

How to Study Math

1. Keep up - review notes after class.
2. Take good notes - put everything from the board on paper.
3. Read the text - if you don't understand, get help.
4. Get a study friend.
5. Have a set time to get math homework. Treat it as a scheduled class. The math lab is a good place to do homework.

How to Study for Math Exams

1. Start at Day One - do homework.
2. Memorize formulas - use flashcards.
3. Rework problems that you missed on the homework. Three times is the charm!

Math is Problem Solving

1. Read the full question.
2. Analyze and Compute.
3. Given/Find/Need:
 - what's given?
 - what do I need to find?
 - what to I need to do?
4. Have scratch paper

Math is Problem Solving

5. Draw pictures - this can simplify the problem.
6. Use a calculator - do calculations twice. Make sure you know how to use your calculator, have batteries on hand.
7. Check your results - do the problem again another way.

Tips for Success in Math Class

1. Learn how to relax before tests are taken.
2. Use a good math note-taking system.
3. Spend as much time on math homework as needed.
4. Complete your most difficult homework assignments first. Usually, this means math homework.
5. Read ahead in the math textbook and prepare questions for the instructor.

Tips for Success in Math Class

6. For each chapter, prepare your own list of math vocabulary words.
7. Find a study buddy and set up group study times.
8. Develop practice tests and time yourself while taking them.
9. Read ahead in your textbook and make an informal outline.
10. For practice, do **ALL** the example problems in the text.

Tips for Success in Math Class

11. While doing homework, write down questions for the instructor/tutor.
12. Be aware of time allotted while taking a math test.
13. Make sure you attend every math class.
14. Schedule a study period after your math class.
15. Verbalize (silently) problems the instructor writes on the board. Solve the problem or silently verbalize each solution step.

Tips for Success in Math Class

18. Meet instructors before actually signing up for the class. Compare your learning style to their instructional style.
19. Make note cards to remind yourself how to solve various types of math problems.
20. Get help early in the semester before you get too lost in course.
21. Take full advantage of all the helpful resources in the math lab.
22. For understanding, recite back the materials you have read in the math textbook.
23. Take notes on how to solve difficult problems.
24. Copy all information that is written on the board.

Tips for Success in Math Class

If you miss a class, ask your instructors for permission to attend the same course that is taught at a different time or day. **Remember:** You are held responsible for material covered in classes that you have missed.

Use a tutor if you can! Tutoring assistance can raise a grade one full letter grade.

Tips for Success in Math Class

If you are a non native English Speaker make sure and identify and translate terms and phrases that you don't recognize or understand.
