



COLLEGE MATTERS

Tips to help you succeed in your academic college career

How to Survive and Thrive in Your Math Class

- Share your frustration with someone who can sympathize.
- Team up with a study partner after you try the problems by yourself. Share notes and do homework together.
- When you get stuck on a problem, don't let frustration take over. Get up and do something active, then return to the problem after a while. Your brain sometimes works on the math problem subconsciously - kind of like learning to water ski in the winter.
- Pay attention to the math language as you read. Learn the mathematical meanings to familiar words.
- Do not skim the material - details are critical.
- Above all - realize you are not alone. There is always a math tutor ready and willing to help you.

(Adapted from Rose Kaplan, OSU-Newark, 1997)

Math Anxiety Bill of Rights

By Sandra L Davis

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| I HAVE THE RIGHT | to learn at my own pace and not feel put down or stupid if I'm slower than someone else. |
| I HAVE THE RIGHT | to ask whatever questions I may have. |
| I HAVE THE RIGHT | to need extra help. |
| I HAVE THE RIGHT | to ask a teacher or tutor for help. |
| I HAVE THE RIGHT | to say I don't understand. |
| I HAVE THE RIGHT | not to understand. |
| I HAVE THE RIGHT | to feel good about myself regardless of my abilities in math. |
| I HAVE THE RIGHT | not to base my self-worth on my math skills. |
| I HAVE THE RIGHT | to view myself as capable of learning math. |
| I HAVE THE RIGHT | to evaluate my math instructors and how they teach. |
| I HAVE THE RIGHT | to relax. |
| I HAVE THE RIGHT | to be treated as a competent adult. |
| I HAVE THE RIGHT | to dislike math. |
| I HAVE THE RIGHT | to define success in my own terms. |

Learning Enhancement Center
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