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

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.