



The University of Montevallo Student Support Services

Battling Math Anxiety **Confidence+Preparation=Success**

Math gets more challenging when you are in college. The content is more difficult, and the demands of studying and keeping up with the material can be rigorous. Here are some tips for how to approach this subject with success.

Develop a Positive Attitude

Perhaps one of the most important ways to help you do better is to have a positive attitude. Don't set yourself up for failure by thinking things like, "I can't do math; I'm no good at math." If you believe you can do it, you will be able to do it!

Ask a Lot of Questions

There is nothing embarrassing about wanting to get some clarification. It may not even be a matter of your not getting something. It might be that the teacher didn't explain the concept fully.

Don't Fall Behind

You are building a base of skills and concepts. If you miss or don't understand something in the beginning, it gets much harder to catch up later. Also, to take the next level of courses in math or science, you need to master the concepts to be successful. ALWAYS go to class and do your homework. If you fall behind by even a couple of days, you can get in trouble.

Practice

Usually it's not until you apply the concepts to real problems that you "get it." Be sure to complete all homework and perhaps do additional problems for more practice.

Build Your Confidence

When you do your homework, start with the easier problems or problems you know you can do. That will give you confidence to approach more difficult problems.

Show Your Work

It's tempting to skip steps, but it's better to get into the habit of showing all of your work. That way, it's easier to correct mistakes and pinpoint anything that you might have done incorrectly. Plus, you may get partial credit.

Don't Ignore Wrong Answers

While accuracy is always important, a wrong answer can tell you to look further and see if you really understood the question.

Write Neatly

It's important that you organize problems and write numbers and variables clearly, so you don't confuse yourself (or your teacher).

Use Flash Cards

Symbols, equations, and concepts can get overwhelming. Use flash cards to organize information or test yourself. Using the cards regularly can help you remember the concepts much better so you will be ready for tests and quizzes.

Don't Be Afraid to Ask for Help

Falling behind or getting frustrated can lead to a feeling of, "why bother." Don't let it!! Ask for help from the teacher and other students or friends.

Get a Tutor

If you are a member of Student Support Services, you may request to have a math tutor. Submit the tutoring request form and meet with the Coordinator of Instructor for more information and to get tutoring started. It can be a huge help!

Study with Friends or Classmates

Working through problems with others is sometimes more helpful and enjoyable than doing it by yourself. They also might be able to help you understand concepts that you didn't understand before.

References and Resources

- * www.myroad.com
- * Bellevue Community College Tri Support Services
- * Great general math study tips: <http://euler.slu.edu/Dept/SuccessinMath.html>
- * Math study skills with excellent information on taking math tests.
http://students.berkeley.edu/apa/staff%20training%20and%20development/handouts/math_study_skills.html
- * Math study skills quiz: <http://www.purplemath.com/stdysrvy.htm>
- * Math study skills with lots of information on doing well on math tests
<http://academic.cuesta.edu/acasupp/as/700index.htm>