MATH ANXIETY

TIME is the variable! How much time do you have to devote to the class?

Brossman Learning and Tutoring Center; Harrisburg Area Community College Lancaster Campus; 2013

In Class: (A partial source of this information was http://www.studygs.net/tsttak6.htm)

- Go to class! Pay attention! This will improve understanding. Mentally, do not day dream; you could lose an important point in the instruction. Do the example problems as you copy them. If notes are available online, just do a sketch of the problem while paying attention to the explanation; leaving room in your notes to complete the missing parts when you get them off the internet or flash drive you took to class. If it is an internet class, watch the examples multiple times until you understand what was done. Get help at the Tutoring Center; it’s free! Learn to use your calculator!
- Ask questions, ask questions, ask questions! Don’t postpone asking them thinking you will figure it out later!
- Do class assignments! Assignments are a device for relearning what was taught in class or on the internet. Relearning improves understanding and retention.
- Get help! Go to the instructor’s office hours, or a tutoring center. On the internet, there should be support materials from the college or publisher or instructor. Go to the KHAN academy – www.khanacademy.org
- Observe the class closely and latch on to a “study buddy”, a person that seems to know what they are doing and might help you. Sit next to that person every class; bring them a drink or snack. Ask if you can study with them for the test. If you are desperate, pay the person a small amount to tutor you, but only do so after you have exhausted all the other resources listed above. ALTERNATIVE: Before the second or third class or at break, stand up and ask to form a study group and a time to meet. In the group, if you can explain a procedure or process to solve a problem to another person, you have “honed” that skill.

Test Preparation: (Do math tests give you a π-graine?)

- Ask the instructor for the specific content of the test. Some have a hand out of the test content. Use previous tests from other semesters or from class to determine not only what might be on the test, but how the questions are asked. The wording of the question might have a different form than a textbook.
- If possible, simulate test conditions by taking a similar test on line, timing yourself. If a mock test is not available, use unassigned problems, but usually there is something on the internet from the publisher. In your study group, discuss what everyone expects to be on the test; you may have missed something that another person thought the instructor emphasized.
- Current research indicates that a short nap of about an hour refreshes you and solidifies your thinking. Additional research suggests that writing down on paper some of your fears just before the test may help you relax during the test. (John Hopkins University – Evidence of best Practice

Taking the Test:

- Read the instructions carefully making sure you follow them.
- Make sure you are answering the question. The answer to your calculations may not be what is being requested / asked.
- Read the entire test and first do the problems you can do proficiently. If there is a type of question that is very difficult and you just practiced one before the test, do it first. Monitor your time!
- Clearly show the steps that lead to your answer; you may be able to get partial credit for your work.
- Monitor your time!
- Check your steps; use a calculator where possible. Remember the “rule” about calculator usage – garbage in, garbage out. Did you enter the numbers and symbols correctly?
- Does your answer seem reasonable? Previous practice will give you a sense of this.
- Don’t spend too much time on a problem! If it is slowing you down, move on; you may be able to come back to it. Monitor your time!
- As you do the problems, circle the ones that you want to review after you finish the entire test.
- Go back and redo any problems you had circled, only changing the answers to the ones you know are incorrect.