Having the Right Attitude

- Half the battle with math is attitude and the other half is grasping the material and all that is involved in that.
- Staying positive is essential. A lot of people have had negative experiences with math. Keeping an open mind and staying positive is crucial, otherwise the cycle of negative experiences continues. They self propagate.
- While you’re going along, it can be tough and it will be easy to get discouraged. You should ask yourself what you learned from your experience. There is always a way to win and grow.
Study Strategies: Assessing the Situation

- There can be many obstacles. You’ll have to figure out where you are with math and studying in general.
- You’ll want to figure out a plan, but before that, your personal assessment will be crucial.
- Ask yourself what impeded your math success before. Was it your math background, motivation, dedication?
- Why were things like this? Think about internal and external forces.
- What are you willing to do to change things?
- Also investigating and figuring out your learning style could also be very helpful.
Studying Strategies: Forming a plan.

- Once you have an assessment of where you’re at, now it’s time to form a plan.
- You can break down your study sessions. For example, you can break it down as such: reading, understanding, evaluating.
- You can also apply your learning style to your session.
- You can use tools, such as index cards and other resources.
- You can use your schedule to align your study sessions with where you are at in the class.
- You can prioritize the topics you want to focus on.
Before The Test

- Knowing what you know/don’t know and doing plenty of practice.
- Not over or under studying. (It will vary for you.)
- If you suffer from test anxiety, trying finding and using some tips.
- Study more the day or days before the test, and less on the day of the test. If you study the day of the test, then keep things more focused. The focus being key points, useful formulas, and things you struggle with.
- If you show up early, maybe wait outside for a bit to avoid people talking about the test, and focus in on the test.
During the Test

- Reading questions on the exam carefully. Breaking it down, so to speak, writing down crucial details if need be.
- Answer questions you know first. This will help build your confidence, and give you a good start, while reserving more time for tougher questions.
- Making sure you answered the question, and that you answer makes sense.
- Keep a positive attitude throughout the whole test and try to stay relaxed. If you start to feel nervous take a few deep breaths to relax or think of something that calms you down, that bring you peace, effectively create a math anchor of sorts.
After the Test

- When you get your test back look it over and make sure that there are no grading mistakes.
- Look over the test and make sure that you understand your mistakes. If you don't know the answer to a question, look it up, ask a classmate or ask the teacher.
- Keep in mind that the type of mistake you may have made can inform you of what to fix. There is a difference between a conceptual error and arithmetic or algebraic one for instance.
- Use the test for future study material.
Reading and Writing Math Better

- Part of the struggle that lies with math is actually reading and writing.
- If you can write a paper you can do math. If you had to improve your writing, you could and would, the same sort of thing can be applied to math.
- Math is a language. When you’re writing a paper, you have some point you are trying to show or somewhere you are taking the audience. You also have to know the language you are writing the paper, it’s rules, and nuances. It’s the same for math.
- Reading is just as important. You have to be able to translate between the language you are familiar with and math, and be able to do so fluidly. You’ll also have to accurately read any questions you encounter. You’ll have to make sure you comprehend what you read in order to be effective.