

Math Anxiety



Making Your Math Homework Count

1. **Begin your homework early**
 - a. Do not wait until the night before it is due. Divide the homework up into sections and do one section each evening.
 - b. Plan several homework sessions during the week.
 - c. Do not work more than 1 hour without a break
 - d. During the break do something else (laundry, grocery shopping, fix dinner, etc.)
2. **Do not skip problems**
 - a. Work every problem assigned. Pretend that your homework IS the test.
 - b. If there are one or two problems that you cannot work arrange to meet the instructor before class to ask about these problems.
 - c. If there are many problems you cannot work then consider attending an open tutoring session.
3. **Do the practice problems FIRST**
 - a. Once you are comfortable with the practice problems then do the graded problems.
 - b. If you get a practice problem wrong, check for a computational error.
 - c. Sometimes you can find the error by explaining each step of the problem to someone else. That person does not need to know how to work the problem.
 - d. If you do not find a computational error find a similar problem that is worked out in the book.
 - i) Copy that problem
 - ii) Work it out
 - iii) Check with the answer in the text.
 - iv) If it does not agree then look at the step by step work in the text.
 - e. Go back and rework the problem that was not correct to see if you can do it now. If not ask for help. (SLC, instructor, etc.)
4. **MathXL**

Making Your Math Homework Count Continued

5. **Bring your homework to class**
 - a. In most math classes at Franklin you are permitted to compare homework answers with other students in the classroom. Use the time before class to gain a better understanding of the homework.

Preparing for a Math Test

1. **Preparation begins the first day of class.**
 - a. Items that are covered in class will be similar to the problems that appear on the test.
 - b. Homework problems are also important. If there are homework problems that you did not understand get those worked out ahead of time.
 - c. Review those homework problems that you caused you difficulties.
 - d. There are a lot of review sections in the text book that contain similar problems to those as signed. Work through these as the answers are usually given.
 - e. (Sit in the front of the room!)
 - f. Each week choose a couple of problems that you would put on the test if you were the instructor. Work these out in a special place in your notebook.
 - g. Vocabulary is important!
 - h. If you have experienced test anxiety in the past practice relaxation techniques.
 - i) Sit quietly and focus on relaxing your muscles beginning with your fingers and working your way up to your trunk and neck.
 - ii) Breathe slowly and deeply
 - iii) Picture yourself in a “favorite” calm place.



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Preparing for a Math Test Continued

2. The night before the test

- a. A good night's rest is very important. Your mind actually needs the sleep to retain information.
- b. Review a couple of the more difficult problems.
- c. Make studying for the test the last thing you do before bed. Do not watch TV, talk on the phone, etc. after you have studied.
- d. Prepare one problem to do right before the test. Know how to work it and know the answer.

3. The day of the test

- a. Get good nutrition but not heavy meals.
- b. Make sure you have the materials you need (pencil, papers, etc.)
- c. Do not get involved in "negative" talk.
- d. Sit in your normal seat in the front of the room. You will not be distracted by other students.
- e. Work your practice problem that you prepared and then put it away.

4. During the test

- a. Put your name on the test
- b. Take a minute to relax.
- c. Talk the "positive" talk.
- d. Read through the test. Look for problems that you are "expecting" to be there.
- e. Start at the beginning. If there are a problems that you do not know how to do, skip them, and come back to those problems later. It is important not to let them interfere with your confidence.
- f. Read the problem carefully. Focus your attention on THIS problem. While reading take a guess of a reasonable answer.
- g. Show all of your work!
- h. Keep your work neat and organized.
- i. If your answer is not in the range of your guess go back and look for an error. Do not spend a lot of time. If you do not see the error, mark the problem, and come back to it later.
- j. Work through all of the problems which you are comfortable and then tackle the ones that stumped you the first time.
- i) Remind yourself that there are no problems on this test that were not on the homework.
- ii) If you get stuck remind yourself that math follows logical patterns. Think about problems that were similar on your homework. Since you worked all of these you can work this one!
- k. If you have time begin checking your work. Look for computational errors or answers that do not make sense.

5. After the test

- a. Congratulate yourself on working hard for the test and tell yourself you did a good job.
- b. Begin working on the homework and preparing for the next test.

