Managing the Mean Math Blues

Getting in the Zone with Math Anxiety
These workshops are brought to you by

*The Worry Club of EvCC*

**Part 3: Tackling Testing Tremors**

*Test Taking and Study Skills*
Part 3
Test Taking and Study Skills
• Test Preparation and Study Skills
• Test Anxiety
• Test Taking Strategies
Is this you?

• “I know the material inside and out, upside and down, but when I sat down with that test in my hands, I forgot everything...”
Build Strong Study Habits

- Attend class daily
- 2-3 hours daily homework
- Study as soon after math class as you can
- Have a quiet study space
- Ask lots of questions
- Stay on top of studies – use time management
- Master the content!
Build Strong Study Habits

- Access tutoring *(it is FREE)*
- Visit the Tutoring Center in Rainier 119. The Center provides drop-in support for math classes as well as workshops and support for group study sessions. And it’s FREE! The Tutoring Center is open Monday – Saturday

- Fall Quarter Hours
  Mon - Thurs: 8:00am - 6:50pm
  Friday: 8:00am - 2:50pm
  Saturday: 9:00am - 1:00pm
eTutoring

- Logon to http://etutoring.org/login.cfm?institutionid=195
- On the left side of the page, type in your username and password and ensure that the ‘student’ button is selected at the bottom of the login box.
- Username: Same as your Angel and network login (first initial + middle initial + full last name)
- Password: Your Student ID Number
Memory

- Memory techniques
  - Flash cards
  - Visualization
  - Learning style
  - Mnemonic devices
  - Acronyms
Long term test prep

- Determine test content and test type
- Overlearn
- Are there clues from a previous test?
- Health & attitude are important to keep you positive
Long term test prep

• Review, review, review, and make sure you are keeping up the pace.
• Create practice tests – timed to re-create the testing environment
• Remember self talk and visualization
Short term test prep

• A good night’s rest & nutrition will help prepare your body and mind
• Be on time!
• Call upon your practiced relaxation techniques.
• Self talk & affirmations keep you positive
• Short term review will help jog your memory.
Math Test Anxiety

• Just reducing math anxiety alone will not make you successful on your math test.

• You can reduce it by being prepared.

• A *LITTLE* anxiety is good
  – It motivates us to prepare
  – But too much can interfere with test
All Math Anxiety is Learned

• Remember the first time you had anxiety?
  – *What happened?*
  – *How did you feel?*

• You can **UN-**learn it!
UN-Learning It

• Remember your last positive math experience
  – What happened?
  – How did you feel?

• Positive Affirmations
  – I CAN reduce my math anxiety.
  – There is no reason for me to continue being math anxious.
Things Math Anxiety Affects

• **Study Habits**
  – Avoiding class material, not retaining information while studying, avoiding taking math

• **Class Participation**
  – Fear of asking questions, talking to teacher, going to class, talking to other students

• **Brain Functioning**
  – Slows processing, keeps two centers of brain from communicating
To Change Math Anxiety

Change the things it affects. . .
Change the things it affects

• Class participation:
  – Make an appointment with your teacher
  – Ask the teacher to solve an extra problem
  – Put a problem on board before class
  – Prepare questions before class, ask in the first 15 minutes
  – Use email or Angel to ask a question
  – Take notes short hand and review with a buddy right after class
How Does Anxiety Affect Brain Functioning

• Anxiety uses-up working memory in the brain
  – It keeps your brain in fight/flight mode
  – It slows the processing time
  – It sometimes stops “emotional center” of brain from communicating with the “storage center” of brain – you can’t access what you know!
Change the things it affects

Brain Functioning

– Use Relaxation Techniques
  • Deep Breathing
  • Counting Down
  • Scanning
  • Healthy lifestyle
When studying for a math exam you have two main goals:

• To learn the material so you can do well on the exam;
• To really learn the material so you can do well on every math exam.
What will be on the test?

- Have you ever said, “I didn’t know that would be on the test”?
- In addition to knowing what topics are on the test, you should know what kind of questions you’ll be asked:
  - *Multiple choice*
  - *True/False*
  - *Fill in the blank*
Review Sessions

- Will the instructor hold a review session?
- Is the instructor available for questions right before the test?
- Are some classmates getting together for a review “party”?
  - Where and when will you study and with whom?
Equipment

• What should you take along on exam day?
  – *Pencils*?
  – *Calculator*?
  – *Extra paper*?
  – *Textbook*?
  – *Notes*?
After the test...

• Review your exam for weaknesses.
• “Oh, that’s just a stupid mistake.”
• Is there any such thing as a stupid mistake?
  – Did you read the directions?
  – Did you understand the directions?
  – Was it an arithmetic/algebra mistake or a failure to understand a process or procedure?
After the test...

• Review the *entire* exam (including what you got right.

• Did you make the same mistake repeatedly?

• If you really don’t understand your mistake, make an appointment to see your instructor or visit the tutoring center.

• Re-read the section in the book that covers that material.
Exam Debrief

• Did you do everything you needed to do to prepare for the test?
• Make a list of three things you can change to better prepare for the next exam...and commit to doing them!
• Still feeling anxious about math?
  – Each quarter there are workshops and a 2-credit Human Development course (HDEV 105 *Overcoming Math Anxiety*)
  – Ask your Math Teacher for advice!
  – Contact
    • Deanna Skinner in the Career and Counseling Center, 3rd Floor Parks
    • Brett Kuwada in the Career and Counseling Center, 3rd Floor Parks
    • Gina Myers, Counselor, Rainier 103