



BLACK HAWK COLLEGE

Battling Math Anxiety

Confidence + Preparation = Success

Math gets more challenging when you are in college, and it is easy to feel overwhelmed. Here are some tips for approaching this subject:

Develop a Positive Attitude

Perhaps one of the most important ways that you can do better is simply by having a positive attitude. Don't sell yourself short by saying things like, "I can't do math; I am no good at math." If you believe you can do it, you will be able to do it!

Ask a Lot of Questions

There's nothing embarrassing about wanting to get some clarification. It may not even be a matter of you not getting something. It may be a matter of the teacher not explaining it fully.

Don't Fall Behind

You're building on a base of skills and concepts. If you miss something early on, it gets harder to catch up later. Plus, to take the next level of courses in math or science, you need to master the concepts to be successful.

Practice

Usually it's not until you apply concepts to real problems that you "get it."

Build Your Confidence

When you do your homework, start with 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. Plus, you may get partial credit.

Don't Ignore Your 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.

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.

Get a Tutor

Use the math lab or tutoring centers and resources on campus for help. Ask your instructor for advice or a recommendation.

Study with Friends or Classmates

Working through problems with them is sometimes more helpful and enjoyable than do so by yourself.

Adapted from myroad.com