

Tips for Studying Math

- Study it like a foreign language – learn the rules
- You must learn math not just memorize it
- Read the text; don't just practice problems
- **If all you do is practice the same problems you will be lost when you have different problems on the test. Math requires you *apply* what you learn**
- Get another text and practice more problems
- Make up problems of your own and solve them.
- Teach someone else how to do the problems
- Learn the formulas
- Over learn
- Avoid comparing yourself to others
- Avoid stereotypes
- If you know math is not your strong point, get a tutor the first day of class.
- Look in your book and find where you got lost, if it was right after the introduction then that is where you and your tutor need to start.
- Math builds on itself, if you don't "get" chapter 1, your not going to understand chapter 2, either.
- Math classes build on each other, if you memorized to get through Math 97; you will be lost in Math 99 and so on.
- Define what success is for you. It won't be the same as everyone else.
- Give yourself permission not to finish the test. Rushing to finish is usually where we make our mistakes. It is better to focus on getting 26 questions right than rushing to finish all 33. (26 out of 33 is a high "C")
- Set yourself up to succeed, not to fail.
- If you did your best, be proud of yourself
- Practice daily relaxation. If you practice it daily, you can call on it during the test.