



Math Study Strategies

Managing Math Anxiety

Do not accept excuses for not succeeding in MATH

Watch for excuses!

- The teacher or textbook didn't explain it.
- I just can't understand.
- I didn't know those problems were going to be on the test.
- I'm never going to use any of this.
- I'm good in English, but I'll never be able to do Math.
- The problems are stupid!
- The test wasn't anything like the homework or practice exercises.

After the Test:

- Congratulate Yourself
- Make sure You Understand your mistakes. Mistakes are an opportunity to learn.

Trying is as important as succeeding!