



Math Skills

-Does the thought of going to math class cause you to get anxious and concerned?

-Do you struggle with math tests and homework assignments? Does the instructors lecture seem to go right over your head?

You are not alone! Many students struggle with math anxiety. It is not uncommon, but you can take steps to overcome the math hurdle, and to succeed in and even appreciate your math classes!

Why is math so difficult?

1. Math requires different study processes. In other courses, you learn and understand the material, but you seldom have to actually APPLY IT. You have to do the problems.
2. Math is a linear learning process. What is used one day is used the next, and so forth. (In history you can learn chapter 2 and not 3 and do OK on 4. In math, you must understand the material in chapter 1 before you go on to chapter 2.)
3. Math is much like a foreign language. It must be practiced EVERY DAY, and often the VOCABULARY is unfamiliar.
4. Math in the university is different from math in high school. Instead of going to class everyday, in college you go only two or three times a week. What took a year to learn in high school is now covered in only fifteen weeks.

Tips and Hints

- Set up weekly appointments with a Math Tutor
- Form a study group with other students in your class
- Ask for help when you need it!
- See extra tips on back!

LSC Resources:

LSC Learning Center Tutoring Hours:

Monday -Thursday 7:00 AM - 6:00 PM

Friday 8:00 AM - 4:00 PM

Saturday 10:00 AM - 2:00 PM

Tutors start at 9:00 AM; check their schedules for exact availability.

www.lsc.edu/StudentServices/LearningCenter

Math Faculty:

Take the opportunity to visit with your math instructor during office hours—they are a great help!

**More info
on reverse!**

