Math Anxiety/Study Skills Outline

A. Before the test there is both physical work and mental work to do.
   1. Physical work
      - practice every day
      - develop a POA (plan of attack) for each type of problem and use that same POA every time to reinforce the method
      - get help the same day trouble starts
      - apply definitions so they make sense to you
      - make cards: definition cards, warning cards, quiz cards
      - tutor someone else
      - take frequent breaks
      - work extra problems
   2. Mental work
      - overcome negative talk
      - start positive talk
      - mimic atmosphere/flavor
      - relaxation techniques
      - breathing techniques
      - exercise regularly
      - proper food and rest
      - visualize your desired result
      - thoughts/habits/patterns
      - realize your “response-ability”
      - take a proactive approach
      - realize the power behind persistence

B. During the test.
   - count and breathe
   - take a flavor
   - engage in positive self-talk
   - read over the entire test
   - do the easy problems first
   - draw pictures or write out what you know
   - try something

C. After the test.
   - review the material and write out important ideas
   - rework problems missed on test
   - make definition cards on missed topics