Learning Styles

• Students should know their learning style; take a learning style test online.
  • One such test is found at http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml

• Three basic learning styles
  • Visual
  • Auditory
  • Tactile (kinesthetic)

• It’s possible to have a combination of learning styles

Visual Learners

• Visual learners learn best by seeing
  • Sit in front of class
  • Check eyesight/use glasses if needed
  • Don’t sit near windows or where there will be visual distractions
  • Use video lectures to supplement learning

• Study in well-lit, distraction free environment
  • Turn off the TV!
  • Take notes, read through notes repeatedly
  • Use flash cards
  • Use colored pens/pencils to color code things in notes
  • Draw pictures when appropriate
Auditory Learners

- Auditory learners learn better by hearing
- Sit near the front of the class
- Have hearing checked and keep ears clean and free of wax
- Ask for permission to record lectures
- Study in a quiet place
- Turn off the music and TV!

- Read text, notes, assignments, directions etc. out loud
- Use flash cards with key terms and read out loud
- Record yourself reading notes and listen to the recording (or have a friend read to you)
- Read test questions out loud (but quietly so as not to disturb other students)

Tactile Learners

- Tactile learners learn by touch
- Tend to fidget, so fidget away
- Trace out key words or formulas with your fingers
- Use hands on manipulatives
- Take written notes
- Use a computer while studying
- Use flash cards

- Tactile learners learn by doing, so encourage active participation
**Attitude**

It is your attitude, more than your aptitude, that will determine your altitude. -- Zig Ziglar

- Get rid of negative attitude toward mathematics
- Don’t say:
  - I hate math
  - I suck at math
  - I’ve never been good at math
  - Math is hard
  - I can’t do this
- Replace with positive words
- Do say:
  - I can do math.
  - I am good at math.
  - In fact, I am a math genius.
  - Math is easy.
  - Math is fun.
  - I love math.
  - I need math.
  - My math skills are improving every day.
  - I’m so good at math, I might become a math teacher.

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**Practice makes...**

- Practice makes permanent!
- Only perfect practice makes perfect
- Before attempting homework
  - Study concepts
  - Read the text
  - Review written notes
  - If you’re still unclear, get help (math lab, teacher, tutor etc.)
  - Use online videos (Khan Academy, YouTube)
  - Look in different textbooks (many can be found at the library)
Practice makes Permanent

- After studying concepts begin homework
- If you’re stuck, don’t work a problem incorrectly (this will make the wrong thing permanent) get help
- Online homework systems have help buttons, use these to look at an example before attempting the problem
- Take a laptop to the tutor or teacher’s office (some schools will allow you to borrow laptops)
- Look at examples in the book (if doing paper homework)
- But...PRACTICE PRACTICE PRACTICE!!!
Keep three notebooks

- In class notes
- After class notes
- Practice homework

- Don’t schedule a class immediately after your math class
- Use the time to rewrite notes, study concepts
- Reinforces what you learned in class
- Organizes your notes

Note Taking Examples

- In class notes
- After class notes
Study Tips

• Don’t try to do too much at once
• Make a study plan
• Study every day
• Prepare for class ahead of time
• Don’t just study for the exam
• Study to understand
• Do not procrastinate
• Make flash cards

Sample study plan

• **Monday** – Class day. After class: rewrite and organize notes, make flash cards. Evening: re-read section 2.3 in the text; Goal: understand examples in text. *note to self: always carry flash cards with me and read through them at convenient times*

• **Tuesday** – Study in the Math Lab. Go over section 2.3 notes. Goal: understand concepts in 2.3. Begin practice homework for section 2.3. Read section 2.4 to prepare for tomorrow’s class.

• **Wednesday** – Class day. After class: rewrite and organize notes, make flash cards. Evening: re-read section 2.4 in the text; Goal: understand examples in text.

• **Thursday** – Study in STEM center. Go over section 2.4 notes. Goal: understand concepts in section 2.4. Begin practice homework for 2.4

• **Friday** – Go over 2.3 and 2.4 notes and flash cards. Goal: Begin memorizing important definitions and formulas. Continue working on section 2.3 and 2.4 practice homework.

• **Saturday** – Go over 2.3 and 2.4 notes and flash cards. Goal: Completely memorize important definitions and formulas. Continue working on section 2.3 and 2.4 practice homework. Meet with study group at 2pm.

• **Sunday** – Make sure all practice homework for Sections 2.3 and 2.4 are complete. Work extra practice problems from the text or online resource. Prepare study plan for next week and read section 2.5 to prepare for tomorrow’s class.
Dealing with Test Anxiety

- Remember it’s normal to feel a little anxious during a test
- **Confidence** in your ability will help you overcome test anxiety
- Do practice exam as if it were a test to judge your knowledge
- Get a good nights sleep
- Lay off stimulants
- Don’t drink alcohol the night before an exam
- Eat a well balanced breakfast the morning of the exam
- In the classroom before the exam take deep breaths to calm yourself
- Visualize a calming scene
- Give yourself positive affirmations
- Stop and calm yourself again if you’re feeling anxious during the exam
- Remaining calm and focused will help you succeed