Math

How to Succeed at Math

*Evaluate your mindset.*

* Your mindset influences how you approach math. Negative self-talk and judgmental thoughts can lead to avoidance and low motivation. It might be challenging, but this is the place to start to improve your chances of success.

*STUDY, STUDY, STUDY!*

* Engage actively with class material and review often. Teach the material to someone else, take practice test, recite concepts aloud, or complete practice problems.

*Don’t procrastinate.*

* Avoiding what causes us stress may seem like the easier path to take, but it often leads to consequences that are more stressful. For instance, receiving failing grades for assignments and tests due to procrastination can lower one’s self-esteem and academic performance.

*Seek tutoring or support when needed.*

* If you continue to face barriers with math, seek out tutoring or academic support. Asking for help can be hard, but worthwhile when you can see improvement.