

My advice about studying:

Go to the [Math Help Rooms](#), [free tutoring services](#), and/or come to office hours for help whenever you need it. You can also go to Math Help Rooms and just work on homework. Then whenever you have a question there is someone there to help. If you can't go to your Professor's office hours, you can always email to request to meet with them, and I suggest you provide your availability so that they can let you know when they're available.

Do corrections on your homework, quizzes, and exams without the answers in front of you. This is especially helpful because those are probably the problems you need more practice with. You won't get a direct grade boost from doing these corrections but it will help your understanding. You can bring your corrections to the math help rooms or office hours to have someone look them over.

Try practice problems, the additional examples your Professor gave you, and the examples that were done in class. Whenever you do these problems, don't look at the answers until you have given yourself ample time to really try the problem. I know many people (myself included) will look at a problem for a little, give up, look at the answer, and then say to themselves "oh I would've figured that out". While this could be true, we of course can't do this when the quiz/test comes so really give yourself time to struggle with it. Struggling is good! It doesn't always feel good, but it means you're growing and learning.

When I study I will "assign" myself 4 or 5 problems so when I get stuck on one I can work on another instead of looking up that answer and maybe I will be able to make more headway later. This also helps me practice taking a test but in a low stakes situation.

Really what this comes down to is practice practice practice. Right now these math topics may feel clunky, weird, and difficult, but with practice, these math topics will make more sense and easier to use. Give yourself grace when studying, most people need quite a bit of time to learn these topics (myself included) so please give yourself time and patience. You can do this!

Be patient with yourself, work smart, and let your instructor know if there are any other things I can help you with.

My advice about test anxiety:

You could reach out to [SSD](#), they help a lot of people (including people who have anxiety) to get the help that they need. The SSD can set someone up so they can be in a separate room, have extra time on exams, etc...

You could also look into going to the [counseling center](#), they also have self help and self care advice on this website. Therapists can help by giving you strategies to use on the day of exams and stuff like that. There is also a [CARE Team](#) which can offer support in a variety of ways.

I hope that these resources are helpful.

Sincerely,

Danika