Math Study Skills Inventory

Based on the following statements, rate your present math study skills using:

<table>
<thead>
<tr>
<th>3</th>
<th>2</th>
<th>1</th>
<th>0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almost Always</td>
<td>Sometimes</td>
<td>Almost Never</td>
<td>Never even thought about it</td>
</tr>
</tbody>
</table>

ANXIETY & ATTITUDE

1. If math anxiety exists, I acknowledge it.
2. I know what it takes to be successful in a math class.
3. I believe I can succeed in math class.
4. I know several good relaxation techniques.
5. I have someone to offer moral support.
6. I am committed to doing what it takes to be successful in math class.
7. I know my multiplication facts 1-10.
8. I have identified the support services available to me.

BEFORE CLASS

9. I do not put math off and take all math courses up front in my program.
10. I am sure I have signed up for the correct level math course.
11. I found the best instructor for me, before I registered for my math class.
12. I selected a math class that meets 3 or 4 days a week, instead of 1 or 2.
13. I scheduled my math class at a time when I am mentally sharp.

IN CLASS

14. I attend all classes.
15. I show up to class on time.
16. I sit up front.
17. My teacher knows my name.
18. I go to my instructor’s office hours.
19. I look over my textbook before class.
20. I ask questions in class.
21. I attend the LAC math workshops.

______________ SUBTOTAL PAGE 1
NOTE TAKING

22. I keep a math binder.
23. I take notes and date them.
24. I carefully copy all the steps of the math problems in my notes.
25. I use flashcards for formulas and vocabulary.
26. I develop memory techniques to help remember difficult math concepts.
27. I rewrite my notes.

STUDYING

28. I study math every day.
29. For every hour of class, I put in 2-4+ hours of study and homework.
30. I have a specific place and time with few distractions to study math OR...
31. I find study partners in my math class.
32. If I start to feel lost, I try to determine exactly when and what confused me.
33. If I still feel lost, I go back to a problem or place where I was doing okay.
34. I get help right away when I need it (instructor, LAC, study partner, etc.).

HOMEWORK

35. I keep up to date with my math homework.
36. I do my math homework before I do homework for other classes.
37. I do my math homework as soon as I can after math class.
38. I review my notes and rework those examples before beginning homework.
39. I do the same problem over – until I can do it without pause before going on to other problems.
40. If I have trouble understanding my notes, video or textbook, I find another source.
41. I do my math homework in the LAC where I can ask questions and get help.
42. I can tell you what kind of a problem it is and the steps needed to solve.

_________ SUBTOTAL PAGE 2
TESTS

______ 43. I keep up with and complete all my homework before studying for my test.
______ 44. I ask the teacher what will be covered on the test.
______ 45. I review and rework the examples in my notes to study for the test.
______ 46. I use the chapter summary, chapter review, and chapter tests in my text book for studying.
______ 47. I take practice tests.
______ 48. When the test is returned, I do test corrections right away.

AFTER CLASS

______ 49. I take the next math class right away, after completing my current math course.

_________ SUBTOTAL PAGE 3

_________ SUBTOTAL PAGE 2

_________ SUBTOTAL PAGE 1

_________ *TOTAL SCORE* (add subtotals from pages 1, 2 & 3)

LAC

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