

Dr. Nakamura's Tips for Being Successful in Math:



• **Be Confident!!** Be positive! Get rid of all these negative thoughts, such as "math is hard," "I'm not good in math," "I'm going to fail this class," "I'm not 'smart in math' enough to pass the exams." Instead, you need to think:

"I can do this!"

"I'm going to work hard and pass this class!"

"I believe in myself that I AM going to do well on the exam because I've practiced everyday and worked hard for it."

You must overcome your "negative self-talk."

• **Be Realistic** If you are way too busy with work or/and family, you might want to wait until you have more time to take a math class.

• **Be Prepared** Have all required materials ready. Read the textbook ahead of time, review the materials before coming into the class. Get to class on time and get ready to take notes.

• **Practice, Practice, Practice!!** Practice extensively. Remember that Math is all about practice. Practice makes perfect. You can treat Math like a sport or learning a foreign language; more you practice, better you're going to get! Also remember that during practice, you may feel a lot of "pain," "confusion," and you may experience some "frustration." Don't worry. This is normal. Harder you practice, better result you'll get... and it'll be all worth it at the end!

• **Pay Attention In Class** Turn off your cell phone. While you're in class, forget about your troubles. Don't chit-chat. You can always chit-chat after class or during the break.

- **Be An Active Learner** Respectfully ask questions in class. Attend office hours. Complete ALL your homework and practice sets. Go to tutoring. Participate in study groups, or you can form on your own!

- **Find a Good Place to Study** Avoid distractions while studying for Math. If you get distracted at home, then don't study there. Find a nice, quiet, and comfortable place to study. Personally, I like to do my work at coffee shops, library, the Math Learning Center at MiraCosta College, Barnes and Noble, etc. Ask your family, friends, and co-workers to respect your study time and needs.

- **Take Notes in class** Taking good notes is a key to success. If you get "stuck" while doing your homework, you can always go back to your notes to see how we solved the similar problems in class.

- **Practice, Practice... AGAIN AND AGAIN!** Yes, that's right! It's that important! You must practice extensively, AGAIN! You are truly ready for an exam when you are able to do practice problems with confidence and on your own, without the help of your notes, textbook, or peers. Remember... **Your hard work will pay off at the end.**

- **Do Not Procrastinate** Trust me, pulling an all-nighter is definitely NOT a good way to study for Math.

- **Use the Resources Available to you** Use my office hours. I'm here to help you and make Math into something fun for you to do. Go to Math Learning Center; use free-tutoring services at the Learning Center; use textbook supplemental materials.

• **Go See and Talk to Your Professor** Maintain a good relationship with your peers and me (your professor). I really enjoy getting to know my students. Feel free to come see me anytime during my office hours.

• **Be Responsible** Develop responsibility for your own success and failures. You are here to become independent thinkers and individuals. Do NOT place all the responsibility on me (your Professor). It's **YOUR** education. **YOU** decide how important this class is to you!

•• Remember--- I'm here to help you! I know that with hard work and lots of practice, you can become successful in Math. Be confident! You can do it!!

