



**COURSE OUTLINE : MATH 190**

**C Credit – Not Degree Applicable**

**COURSE ID 003280**

**Cyclical Review: July 2020**

**COURSE DISCIPLINE :** MATH  
**COURSE NUMBER :** 190  
**COURSE TITLE (FULL) :** Overcoming Math Anxiety  
**COURSE TITLE (SHORT) :** Overcoming Math Anxiety

### **CATALOG DESCRIPTION**

MATH 190 is designed to provide students of varying mathematical backgrounds with the knowledge, skills and attitudes to be successful in their mathematics related goals. Topics include myths, stereotypes, growth mindset, learning styles, proper placement in classes, problem-solving skills, study skills, note-taking skills, test-taking strategies and stress reduction techniques all specifically tailored for Mathematics. Mathematical recreations, tricks and history may be incorporated into the course.

### **CATALOG NOTES**

This course is Pass/No Pass only.

Total Lecture Units: 1.00

Total Laboratory Units: 0.00

**Total Course Units: 1.00**

Total Lecture Hours: 18.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

**Total Contact Hours: 18.00**

**Total Out-of-Class Hours: 36.00**

Prerequisite: None.



**ENTRY STANDARDS**

|   | Subject | Number | Title | Description | Include |
|---|---------|--------|-------|-------------|---------|
| 1 |         |        |       | N/A         | No      |

**EXIT STANDARDS**

- 1 Demonstrate knowledge of techniques to reduce math anxiety;
- 2 critique myths about mathematics;
- 3 demonstrate knowledge of note-taking strategies;
- 4 demonstrate knowledge of the special study skills required for studying mathematics;
- 5 demonstrate knowledge of different learning styles;
- 6 demonstrate knowledge of test-taking strategies;
- 7 state the importance of mathematics to his/her major and future;
- 8 demonstrate knowledge of problem solving strategies.

**STUDENT LEARNING OUTCOMES**

- 1 List several methods for arresting and managing math test anxiety and math anxiety
- 2 List several effective math study skills and test taking techniques

**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

|   | Description  | Lecture | Lab | Total Hours |
|---|--|---------|-----|-------------|
| 1 | Introduction<br>• Definition of math anxiety<br>• Symptoms and causes of math anxiety  | 2       | 0   | 2           |
| 2 | Math Anxiety Reduction<br>• Combating Negativity<br>• Stress Reduction breathing techniques<br>• Visual imagery<br>• Overcoming test anxiety | 7       | 0   | 7           |



|   |  |   |   |           |
|---|--|---|---|-----------|
| 3 | Strategies for the mathematics student <ul style="list-style-type: none"> <li>• Problem solving</li> <li>• Learning styles</li> <li>• Reading a mathematical text</li> <li>• Studying and homework techniques</li> <br/> <li>• Note-taking techniques</li> <br/> <li>• Test-taking strategies</li> </ul> | 7 | 0 | 7         |
| 4 | Other <ul style="list-style-type: none"> <li>• Growth mindset</li> <br/> <li>• Myths about mathematics</li> <br/> <li>• Math stereotypes</li> <li>• Importance of math</li> <li>• Mathematical recreations</li> </ul>  | 2 | 0 | 2         |
|   |  |   |   | <b>18</b> |

**OUT OF CLASS ASSIGNMENTS**

- 1 homework (e.g. problem sets from the textbook)
- 2 assignments and/or projects (e.g. mathematical autobiography)

**METHODS OF EVALUATION**

- 1 Reading and exercises
- 2 Journal writing
- 3 Group work

**METHODS OF INSTRUCTION**

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration



**COURSE OUTLINE : MATH 190**  
**C Credit – Not Degree Applicable**  
**COURSE ID 003280**  
**Cyclical Review: July 2020**

- Field Activities (Trips)
- Guest Speakers
- Presentations

**TEXTBOOKS**

| <b>Title</b>               | <b>Type</b> | <b>Publisher</b> | <b>Edition</b> | <b>Medium</b> | <b>Author</b> | <b>ISBN</b>   | <b>Date</b> |
|----------------------------|-------------|------------------|----------------|---------------|---------------|---------------|-------------|
| Math Study Skills Workbook | Required    | Cengage Learning | 5              |               | Nolting, Paul | 9781305120822 | 2016        |