

Math Anxiety is Real

Test Anxiety is Real

**Take
Math 584**

Spring

2020

IS YOUR FEAR OF MATH GETTING IN THE WAY OF REACHING YOUR GOALS?

HAVE YOU POSTPONED TAKING YOUR MATH REQUIREMENT AS LONG AS POSSIBLE?

DO YOU FORGET EVERYTHING THE MOMENT YOU LOOK AT YOUR MATH TEST?

JOIN US FOR OUR MATH SUCCESS CLASS

- Learn strategies to use when test anxiety hits.
- Build skills to prevent your math anxiety from holding you back.
- Practice growth mindset thinking instead of staying in a fixed mindset.
- Feel positive about yourself and your capabilities.

Dates: Wednesdays, Feb. 26 - April 22, 2020

Time: 12:30-2:35 p.m.

Room: V-207

Other: Short term, 8 week, 1 unit class

Instructor: Patricia Ritchie Reese, pritchier@sierracollege.edu Office: V-315D

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