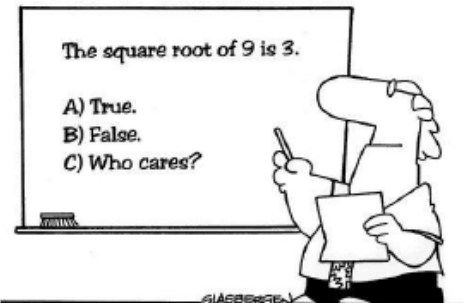


MATH MINUS ANXIETY

Math 001

1/2 credit course

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Many students actually look forward to Mr. Atwadder's math tests.

Commonly Asked Questions:

What is it?

What does it involve?

What doesn't it do?

Who is it for?

Math Minus Anxiety is a day long workshop designed for students who have a fear, so severe, that it inhibits their ability to do well in mathematics.

The workshop involves:

- interactive participation with the instructors and the students.
- emphasis on a positive approach.
- relaxation techniques.
- hands-on activities that are pursued with great interest.

Topics discussed include: past history, attitude, perception, the anxiety process, and study habits.

This workshop does not:

- raise a student's math level.
- include instruction on the calculator.
- include in depth problem solving.

This workshop is for:

- any student – there are no prerequisites.
- students who may have been unsuccessful with math and who experience a fear of the subject.