

Coach's Tips to any Student.

1. Print out the Notes and Exercises for a Lesson.

Pick a time you are rested and in a good mental state to study.

2. Take the PreQuiz to get an idea what the Lesson is about.

IF you understand the Lesson, just watch the Video to be sure you understand everything in the Lesson and then go to #6.

3. Study the Video and add to the Notes.

First, just watch the video

Second, watch it again and pause and add to your notes.

Third, rewatch the parts you still don't understand.

4. Do the Exercises.

When you get stuck on an Exercise rewatch the video.

Repeat until you understand the Exercises.

5. If you can't understand an Exercise go to the Forum and seek help. If that isn't enough contact me for a Tutorial.

6. When you understand the Lesson and can do the Exercises take the Post Quiz.

Do Not just guess at the Quiz until you pass it.

It is vital that you not only understand a Lesson, but that you remember it too! Use it or Lose It!

It is natural to forget something until you have used it many times. Use it or Lose It!

7. Review past Lessons by going back and doing some Exercises. Use it or Lose It!

It might take you many times to review something before you remember it. Use it or Lose It!

Practice and Repetition are necessary to master any Skill.

The more you practice the easier it will get.

Use it or Lose It!

When approaching any Math Problem.

1. Ask yourself what you know from the given information.

2. Ask yourself what you need to know to solve the problem.

This will usually involve a sequence of things you will need to know. It will probably involve topics from Algebra, Geometry, other Math, and Tools.

3. If there is something you think you will need to know and you don't know it then review the appropriate Lesson.

There will be some problems you will not be able to solve with your current knowledge.

There is always more to learn, both Concepts and Tools.

BE AWARE!

Everyone makes a lot of mistakes when learning and applying math. This is normal. Do not be discouraged by this.

Indeed, celebrate mistakes as signal of progress.

Everyone forgets things and has to review things.

Practice makes Perfect!

Use it or Lose It!

Studying and Learning Math. Focused and Unfocused study

- 1. Study a topic or lesson for a fairly short period of time until you understand it in a focused mode OR until you begin to get confused.**
- 2. Take a break and do something routine and let your subconscious mind do its work. We don't know how this works, but it does.**
- 3. Later go back into a focused mode and study the topic again. Chances are it will be somewhat easier this time.**

Learning math is like learning any sport or game.

First you will have to learn the concept or tool.

Then, you will have to practice and practice until you master it.

You will make a lot of mistakes. That is normal. Expect it. Celebrate it as progress.

Sometimes you will be discouraged. This is normal too until you learn that making mistakes and forgetting things is normal and we all do it.

As time goes on it will become easier and you will learn more.

You successes will build confidence, and self esteem.

Success breeds success.

Mistakes and Frustrations are part of the 'game'.

Have Fun!