

This packet contains student worksheets that can be used as either an assignment outside of class or completed mainly in class. Note – I have some sections that are combined together in order to hit the main study skills within the first several weeks of the term. You can separate them out or do them together.

When I teach this class, I typically show the video as a class pausing it as we go through to highlight content. Then, after watching the video, I do a “think/pair/share” style for students to write down their top takeaways and their goals and tasks for the week. At the end of the class, I have all students write down a fixed mindset thought they had that week. Then, they cross it out and change it to a growth mindset thought. This ends up being incredibly cathartic.

I also recommend utilizing the extended in-class activities packet that Chemeketa created for more ideas.

Contents

Growth Mindset and PCC Resources	5
Time Management and Academic Integrity	8
How to Study for a Math Exam, Strategies for Taking a Math Test, and Math and Test Anxiety	12
How to Math Homework the Right Way.....	15
Mastering Note-Taking and Active Listening in Math Class.....	18
How to Effectively Watch Videos for Learning and Unraveling the Mysteries of your Math Textbook.....	20
How to Survive and Thrive in Group Work.....	22

Math: Different From the Rest and Math Anxiety

Top Takeaways

What are your top 5 takeaways from the “Math: Different from the Rest” Video and our class discussion over this topic? This needs to be a thoughtful paragraph of at least five sentences.

Goal Setting

Create a goal for yourself based on the study skill(s) we learned this week *using the takeaways written above*. These should be specific, detailed tasks that you can assess yourself over. Include dates and times you plan on implementing them. For example, Goal: Turn in assignments on time. Task 1: copy down all assignments for my math class into my phone calendar and set reminders on my phone for them so I don't forget assignments each week. Task 2: Create a space for doing school work that is as free of distractions as possible. Task 3: Set a time to do homework every day.

GOAL:

Task 1:

Completion Date:

Task 2:

Completion Date:

Task 3:

Completion Date:

Tips to Overcoming Math Anxiety

First [watch this video](#) (if you were in class you've already watched this video). Then go through 1 - 5 below.

1. Write about your anxiety: Share your own experience with math anxiety and what you believe may be the root cause of it.
2. Strengthen your foundation. What is something you can do this week to make sure you're starting your math class out with a strong foundation?
3. Show all of your work while doing math.
4. Relieve stress. Practice one of the deep breathing exercises shown in [this article](#) before doing any math work this week. Write down the tips for the exercise you chose here so you remember it.
5. Think Positive – see below on the “turn anxiety into excitement” technique!

Turn Anxiety into Excitement! Watch the [Turn Anxiety Into Excitement video](#) and then state your main takeaway from it. This should be at least 2 full sentences.

List something you get nervous about that you will use this trick on this week. State when you will do this then come back and reflect on how it went!

What is something you're thankful for this week?

This can be as simple as, the sunshine, getting a C on my quiz, etc.

Growth Mindset Reflection Question of the Week

What has challenged you this week? What are some ways you can work through these challenges? For example, Challenge: "I got an F on my chemistry quiz." Work though: "Instead of throwing it away, I'm going to go through it and meet with my teacher or a tutor to understand why I missed the problems I did."

Additional Research

Choose at least one of the extra resources at the end of the "Math: Different from the Rest" section of the Math Study Skills textbook. Your summary should be at least 2 paragraphs. Make sure you state which resource you chose.

Growth Mindset and PCC Resources

Top Takeaways

After watching the “Growth Mindset” Class Video, what are your top 5 takeaways? This needs to be a thoughtful paragraph of at least five sentences.

Goal Setting

Create a goal for yourself based on the study skill(s) we learned this week *using the takeaways written above*. These should be specific, detailed tasks that you can assess yourself over. Include dates and times you plan on implementing them.

GOAL:

Task 1:

Completion Date:

Task 2:	Completion Date:
Task 3:	Completion Date:
<p>Resources: First, watch this video. Then, visit at least four resources below. You can visit them in-person or if they hold virtual sessions, virtually. Have someone at each resource sign off that you went. *One resource that is required is meeting with your math instructor during office hours (if you aren't taking a math class, you can visit a different instructor. If their office hour time doesn't work with their schedule, see if you can set up either a 10-minute meetup before or after class.</p>	
Resource	Sign-off from Resource specialist or instructor
Meet with your instructor* (REQUIRED)	
PCC Counseling Services	
Multicultural Center	
Student Learning Center	
Library	
Veterans Resource Center	
Panther Food Pantry	
Disability Resources	
Academic Advisor	

Financial Aid Advisor	
Online Tutoring	
Technology Help Desk	
Women's Resource Center	
<p>What is something you're thankful for this week? This can be as simple as, the sunshine, getting a C on my quiz, etc.</p>	
<p>Growth Mindset Reflection Question of the Week Think of something in your past that you think measured you. A test score, a dishonest or callous action, being fired from a job, being rejected, etc. Focus on that thing.</p> <p><i>Grow your mindset: Now put it in a growth-mindset perspective. Look honestly at your role in it, but understand that it doesn't define your intelligence or your personality (or anything else about you. Instead, ask: What did I (or can I) learn from that experience? How can I use it as a basis for growth? Write down your answers here.</i></p>	
<p>Additional Research Choose at least one of the extra resources at the end of the "Growth Mindset" section of the Math Study Skills textbook. Your summary should be at least 2 paragraphs. Make sure you</p>	

state which resource you chose.

Time Management and Academic Integrity

Time Management Reflection

Reflect on your current time management habits and how they impact your academic success (can be either in a bad or good way). This should be a minimum of 3 sentences.

How does it make you feel when you wait until the last minute to do an assignment or if you get behind in a class?

Top Takeaways

After watching the “Time Management” Class Video, what are your top 5 takeaways? This needs to be a thoughtful paragraph of at least five sentences.

Top Takeaways

After watching the “Academic Integrity” Class Video, what are your top 5 takeaways? This needs to be a paragraph of at least three sentences. These will be used to create your goal and tasks for this skill.

Goal Setting

Create a goal for yourself based on the study skill(s) we learned this week. These should be specific, detailed tasks that you can assess yourself over. Include dates and times when you implement them.

GOAL:

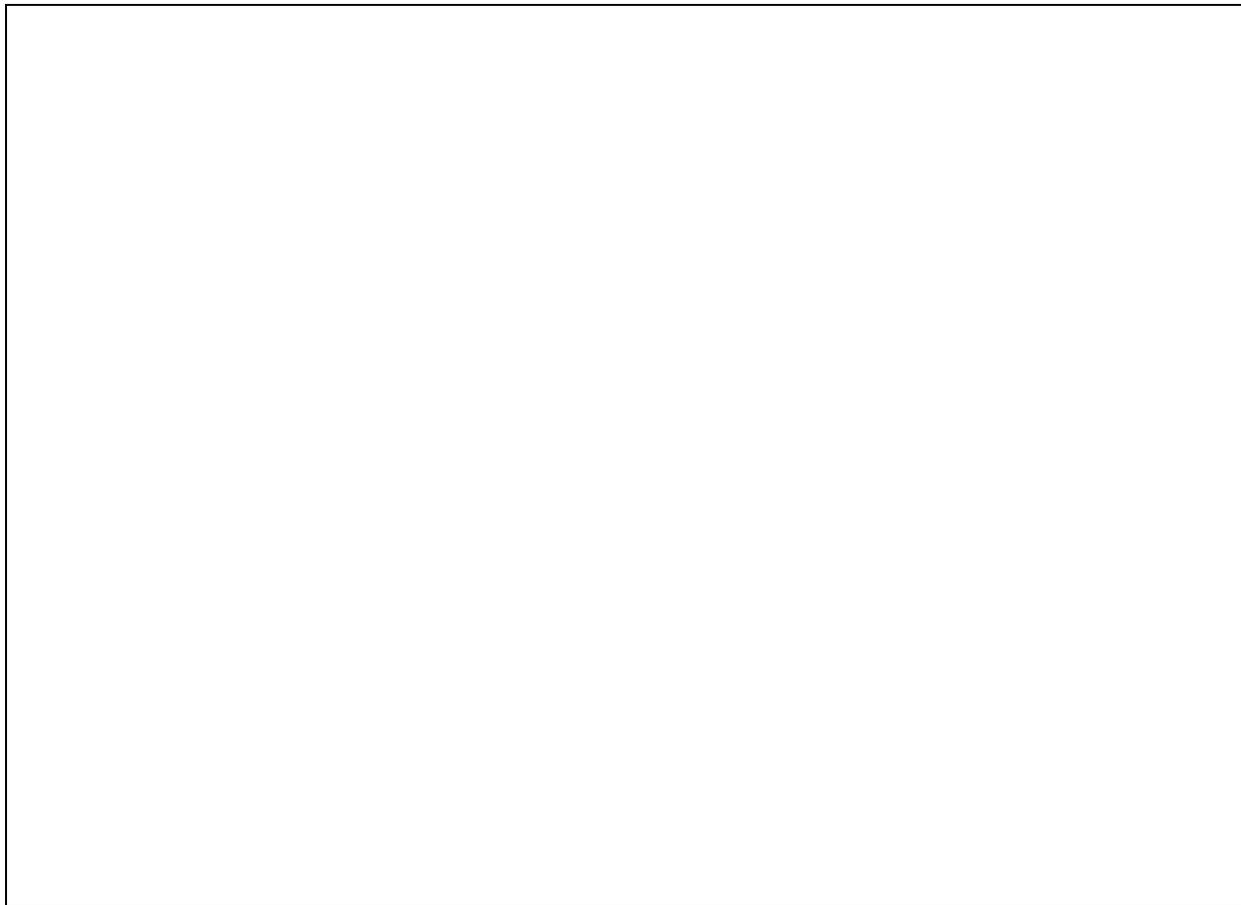
Task 1:

Completion Date:

Task 2:

Completion Date:

Task 3:	Completion Date:
<p>What is something you're thankful for this week? This can be as simple as, the sunshine, getting a C on my quiz, etc.</p>	
<p>Growth Mindset Reflection Question of the Week What are you saying or doing to myself that is holding you back? What are some things you can do to change that?</p>	
<p>PCC Tutoring Services: see pcc.edu/tutoring for days/times/locations This week, use PCC tutoring at least one time for help in a class. You can use either the in-person or remote e-tutoring option. You will need to provide confirmation that you went (a screenshot of the session if doing remote tutoring and a signature from a tutor right in this box if doing in-person). Also, answer the following questions: How did the tutoring go? Did anything surprise you about it? When would it be helpful to use drop-in tutoring in the future?</p>	
<p>Additional Research Choose at least one of the extra resources at the end of either the "Time Management" or "Understanding Academic Integrity" section of the Math Study Skills textbook. Your summary should be at least 2 paragraphs. Make sure you state which resource you chose.</p>	



How to Study for a Math Exam, Strategies for Taking a Math Test, and Math and Test Anxiety

Reflection on Study Habits

What do you currently do to study for an exam? Do you feel like what you're doing is helping you be successful on the exams? Why or why not?

Top Takeaways

After watching the "How to Study for Exams" Class Video, what are your top 5 takeaways? This needs to be a thoughtful paragraph of at least five sentences.

Goal Setting for How to Study for an Exam

Create a goal for yourself based on the study skill(s) we learned this week *using the takeaways written above*. These should be specific, detailed tasks that you can assess yourself over. Include dates and times you plan on implementing them

GOAL:

Task 1:

Completion Date:

Task 2:	Completion Date:
Task 3:	Completion Date:
Reflection on Taking Exams What has your previous experience been when you've taken a math exam? Do you have any concerns going into your next exam? What strategies have we learned so far will help you have more success on your next test?	
Top Takeaways After watching the "Strategies for Taking a Math Test" and the Math and Test Anxiety Class Videos, what are your top 5 takeaways? This needs to be a <u>thoughtful</u> paragraph of at least five sentences.	
Goal Setting for Taking an Exam Create a goal for yourself based on the study skill(s) we learned this week.	

These should be specific, detailed tasks that you can assess yourself over. Include dates and times you plan on implementing them.

GOAL:

Task 1:

Completion Date:

Task 2:

Completion Date:

Task 3:

Completion Date:

What is something you're thankful for this week?

This can be as simple as, the sunshine, getting a C on my quiz, etc.

Growth Mindset Reflection Question of the Week

How will you challenge yourself this week? What are things you can tell yourself when you're struggling through learning something new?

PCC Resource:

Use one of the PCC resources this week that we learned about in the PCC Resources section video and textbook. Which one did you visit? How did it go? What did you learn?

Additional Research

Choose at least one of the extra resources at the end of either the “Mastering Math and Test Anxiety,” “How to Study for a Math Exam” or “Strategies for Taking a Math Exam” section of the Math Study Skills textbook. Your summary should be at least 2 paragraphs. Make sure you state which resource you chose.

How to Math Homework the Right Way

How to Effectively do Coursework

List the data on the curve of forgetting from this video on here.

Reflection: Curve of Forgetting

Reflect on the curve of forgetting. Have you ever waited until a few days after class to work on an assignment? Did you notice a difference if you did it right away?

If you have a super busy schedule, how could you fit practice in right after class, even for just a few minutes?

Reflection: Getting Stuck

If you get stuck on a homework question, instead of going to the solutions manual, an app, or google for the answer, what should you do and why?

Top Takeaways

After watching the “How to Math Homework the Right Way” Class Video, what are your top 5 takeaways? This needs to be a thoughtful paragraph of at least five sentences.

<p>Goal Setting Create a goal for yourself based on the study skill(s) we learned this week. These should be specific, detailed tasks that you can assess yourself over. Include dates and times you plan on implementing them.</p>	
<p>GOAL:</p>	
<p>Task 1:</p>	<p>Completion Date:</p>
<p>Task 2:</p>	<p>Completion Date:</p>
<p>Task 3:</p>	<p>Completion Date:</p>
<p>What is something you're thankful for this week? This can be as simple as, the sunshine, getting a C on my quiz, etc.</p>	
<p>Growth Mindset Reflection Question of the Week Think of a time you faced a challenge with a fixed mindset. What were your thoughts and worries about your abilities? About other people's judgements? About the possibility of failure?</p> <p><u>Grow your mindset:</u> Now can you take that same challenge and switch into a growth mindset? Think of it as a chance to learn new things. What are the plans and strategies and things you can tell yourself to help you succeed?</p>	

PCC Resource:

Use one of the PCC resources this week that we learned about in the PCC Resources section video and textbook. Which one did you visit? How did it go? What did you learn?

Additional Research

Choose at least one of the extra resources at the end of the “How to do Math Homework the Right Way” section of the Math Study Skills textbook. Your summary should be at least 2 paragraphs. Make sure you state which resource you chose.

Mastering Note-Taking and Active Listening in Math Class

Reflection

What do you think it means to be an “active listener” as a student in a class?

Top Takeaways

After watching the “Listening and Notetaking Skills” Class Video, what are your top 5 takeaways? This needs to be a thoughtful paragraph of at least five sentences.

Goal Setting for how to watch a video for learning

Create a goal for yourself based on the study skill(s) we learned this week. These should be specific, detailed tasks that you can assess yourself over. Include dates and times you plan on implementing them.

GOAL:

Task 1:	Completion Date:
Task 2:	Completion Date:
Task 3:	Completion Date:
What is something you're thankful for this week? This can be as simple as, the sunshine, getting a C on my quiz, etc.	
Growth Mindset Reflection Question of the Week What am I saying or doing to myself that is holding me back? What are some things I can do to change that?	
Active Listening and Notetaking in Practice For your next math class session (or other subject), take these strategies and put them into practice. How did it go? What changes did you make?	
Additional Research Choose at least one of the extra resources at the end of the "Mastering Active Listening and Note-Taking" section of the Math Study Skills textbook. Your summary should be at least 2	

paragraphs. Make sure you state which resource you chose.

How to Effectively Watch Videos for Learning and Unraveling the Mysteries of your Math Textbook

Top Takeaways

After watching the “How to Watch a Video for Learning” Class Video”, what are your top 5 takeaways? This needs to be a thoughtful paragraph of at least five sentences.

<p>Goal Setting for how to watch a video for learning Create a goal for yourself based on the study skill(s) we learned this week <i>using the takeaways written above</i>. These should be specific, detailed tasks that you can assess yourself over. Include dates and times you plan on implementing them. For example, Goal: Turn in assignments on time</p>	
<p>GOAL:</p>	
<p>Task 1:</p>	<p>Completion Date:</p>
<p>Task 2:</p>	<p>Completion Date:</p>
<p>Task 3:</p>	<p>Completion Date:</p>
<p>Reflection on how to read a textbook What has your previous experience been with reading a textbook? Is it the same as reading a book for pleasure? What have you done in the past when you've read a textbook for learning?</p>	
<p>Top Takeaways After watching the "How to Read a Textbook" Class Video, what are your top 5 takeaways? This needs to be a <u>thoughtful</u> paragraph of at least five sentences.</p>	

Goal Setting for Reading a Textbook Create a goal for yourself based on the study skill(s) we learned this week. These should be specific, detailed tasks that you can assess yourself over. Include dates and times you plan on implementing them.	
GOAL:	
Task 1:	Completion Date:
Task 2:	Completion Date:
Task 3:	Completion Date:
What is something you're thankful for this week? This can be as simple as, the sunshine, getting a C on my quiz, etc.	

Growth Mindset Reflection Question of the Week

When do you feel smart? When you're doing something flawlessly or when you're learning something new?

Grow your mindset: How can you make striving, stretching your brain, and struggling into something that makes you feel smart? Remember your brain grows when you learn something new!

Video Watching/Textbook Reading in Practice

Find a video or section of your textbook related to a topic you're interested in learning about and apply the strategies learned in class. Write a reflection here on what you learned and any strategies that you found were particularly helpful.

Additional Research

Choose at least one of the extra resources at the end of the "How to Effectively Watch Videos for Learning" and/or "Unraveling the Mysteries of your Math Textbook" sections of the Math Study Skills textbook. Your summary should be at least 2 paragraphs. Make sure you state which resource you chose.

How to Survive and Thrive in Group Work

Top Takeaways

After watching the “How to Survive and Thrive in Group Work”, what are your top 5 takeaways? This needs to be a thoughtful paragraph of at least five sentences.

Goal Setting for how to watch a video for learning

Create a goal for yourself based on the study skill(s) we learned this week *using the takeaways written above*. These should be specific, detailed tasks that you can assess yourself over. Include dates and times you plan on implementing them. For example, Goal: Turn in assignments on time

GOAL:

Task 1:

Completion Date:

Task 2:	Completion Date:
Task 3:	Completion Date:
<p>What is something you're thankful for this week? This can be as simple as, the sunshine, getting a C on my quiz, etc.</p>	
<p>Growth Mindset Reflection Question of the Week As Henry Ford once wisely said "The only mistake is the one from which we learn nothing." Everyone makes mistakes. Reflecting on them is where the real learning happens.</p> <p>What's a mistake you made in class (or outside of class) recently? What could you do to improve next time so the mistake turns into a learning opportunity?</p>	
<p>PCC Resource: Use one of the PCC resources this week that we learned about in the PCC Resources section video and textbook. Which one did you visit? How did it go? What did you learn?</p>	
<p>Additional Research Choose at least one of the extra resources at the end of the "How to Survive and Thrive in Group Work."</p>	

