

- 30. _____ I am careful to copy all the steps of math problems in my notes.
- 31. _____ I ask questions when I am confused.
- 32. _____ I go to the instructor or lab when I am confused.
- 33. _____ I try to determine exactly when I got confused and exactly what confused me.
- 34. _____ I review my notes and text before beginning homework.
- 35. _____ I work problems until I understand them, not just until I get the right answer for homework.
- 36. _____ I use flash cards for formulas and vocabulary.
- 37. _____ I develop memory techniques to remember math concepts.

Math Tests

- 38. _____ I preview the test before I begin.
- 39. _____ Before I begin taking the test, I make notes on the test of things such as formulas that I might need or forget.
- 40. _____ I begin with the easy questions first.
- 41. _____ I take the full amount of time allotted for the test.
- 42. _____ I carefully check or rework as many problems as possible before I turn in my test.
- 43. _____ When tests are returned, I keep a log of the types of mistakes I made-concept errors, application errors, careless errors.
- 44. _____ I keep up to date so that I don't have to cram the night before a test.

Anxiety

- 45. _____ I believe that I can succeed in math class.
- 46. _____ I have study partners in my math class.
- 47. _____ I find out as much as possible about each test.
- 48. _____ I take practice tests.
- 49. _____ I know several good relaxation and breathing techniques.
- 50. _____ I am comfortable asking for help.

Your final score is: _____