

# RECIPE FOR SUCCESS Spring 2012

My Mathematics Course \_\_\_\_\_ My Name: \_\_\_\_\_

## Section 1: In-class style (25%); Total points possible = 30

1. Attend class consistently; come on time and be mentally and emotionally prepared to learn.
2. Participate everyday: ask questions, listen carefully, work at board, and take excellent notes.
3. Bring textbook, paper, calculator, pencil – all needed supplies, plus homework.
4. Sit in front half of class; sit by classmates who help you learn; participate in class activities.
5. Focus on being organized; take good notes, keep up with papers and returned tests.
6. Follow class rules regarding cell phones; don't let them be a distraction or hurt your learning.

## Section 2: Out of Class Style (25%); Total points possible = 25

1. Do homework consistently and as soon as possible after class; review class notes quickly.
2. Use time well—prioritize; work on what is most important. Form the habit of studying at same place and same time; make and use a study schedule; develop good study habits.
3. Form and participate in a study group. Communicate in person or via phone with a “study buddy” or your group or your professor.
4. Do math labs at least once a week on regular schedule; learn how to prepare for tests.
5. Make becoming and staying organized a priority; keep record of assignments and grades.

## Section 3: Physical Style (25%); Total points possible = 35

1. Get enough sleep so you can concentrate and function at high efficiency.
2. Eat breakfast and lunch so you can have enough energy to think.
3. Get enough exercise to be able to lose weight, have more energy, and deal with stress
4. Focus on good health: drink plenty of water; eat in moderation; quit smoking, make a conscious effort to reduce intake of sugar, salt, and fat; eat more fruit and vegetables.
5. Try to keep your life simple and uncomplicated – avoid stress, confusion, and disruption.
6. Avoid the things that hurt you and/or your body and keep you from getting an education.
7. Practice personal hygiene; dress appropriately for a learning situation.

## Section 4: Attitudes toward Self and Mathematics (25%); Total points possible = 35

1. Have a positive attitude toward learning. Look at yourself as intelligent and capable, able to learn and understand math. Don't let fear of mathematics paralyze or hinder your learning. .
2. Motivate yourself to learn mathematics. Be persistent. Consider mathematics challenge.
3. Give yourself permission to be successful. Avoid telling yourself “I can't.”
4. Do not allow yourself to be embarrassed by making mistakes in class or by asking questions.
5. Take responsibility for your own learning and education. Do whatever needs to be done!
6. Develop a curiosity to learn. Allow yourself to find deep inner satisfaction in learning.
7. Keep in mind your long term goals; think about how your education relates to these goals..

**Score yourself** according to how often these behaviors or attitudes occurred, using the following scoring system. You score yourself for **each item** above.

Almost always	5 points
Frequently	4 points
Sometimes	3 points
Occasionally	2 points
Rarely or never	1 point

**The formula to determine your score:** (You will likely need to use a calculator)

**Total points in section 1** divided by 30 and multiplied by 25 PLUS **total points in section 2** divided by 25 multiplied by 25 PLUS **total points in section 3** divided by 35 and multiplied by 25 PLUS **total points in section 4** divided by 35 and multiplied by 25. Top possible score is 100.

My calculated score: \_\_\_\_\_ Date: \_\_\_\_\_