

Key: **R** Rarely **O** Occasionally **S** Sometimes **F** Frequently **A** Almost Always

Part A: In Class Ingredients	R	O	S	F	A
1. Attend all classes; come on time and be mentally and emotionally prepared to learn.					
2. Participate everyday: ask questions, listen carefully, contribute, and take good notes.					
3. Bring textbook, paper, calculator, pencil – all needed supplies, plus homework.					
4. Sit in front half of class or sit by classmates who help you learn					
5. Focus on being organized; take good notes, keep up with papers and returned tests.					
6. Follow class rules about cell phones; don't let them be a distraction or hurt your learning.					

Part B: Out of Class Ingredients	R	O	S	F	A
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. Use Math Assistance Center at least once per week; learn how to prepare for tests.					
5. Make becoming and staying organized a priority; keep record of assignments and grades.					

Part C: Physical Ingredients	R	O	S	F	A
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.					

Part D: Mental Ingredients (Attitude toward Self and Mathematics)	R	O	S	F	A
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 each item: R (rarely) = 1 point O (occasionally) = 2 points S (sometimes) = 3 point
 F (frequently) = 4 points A (almost always) = 5 points

Add up the points for each Part:

A: $\frac{\quad}{30}$ B: $\frac{\quad}{25}$ C: $\frac{\quad}{30}$ D: $\frac{\quad}{35}$

Your score (divide; change to percent):

A $\frac{\quad}{\quad}$ B $\frac{\quad}{\quad}$ C $\frac{\quad}{\quad}$ D $\frac{\quad}{\quad}$
In Class % Out-of-Class % Physical % Mental %

Your plan for improvement:

Honest answers ... to all questions, the points & score, and improvement plan ... required for receiving points.