

**West Los Angeles College**  
**Course Syllabus - Learning Skills 15A**  
**Overcoming Math Anxiety (NDA) 1 Unit**  
**Fall 2015 – Section #1362**

Instructor: Timothy Russell  
Phone: (310) 287-4318  
Email: [russeltn@wlaac.edu](mailto:russeltn@wlaac.edu)  
Office: CE 238

Class Meets: Wednesday 12 noon – 1:05 p.m., Room: GC 320

**Course Description:** This hybrid course is designed to help students identify factors that can cause a student to be unsuccessful in math courses. Math anxiety is one of the factors that will be explored thoroughly. Through lectures, handouts, readings, and tutorial activities outside the classroom, the student will gain knowledge and practice on how to become a confident and successful math student.

**Course Objective:** By the end of the course, the students will learn how to improve math study habits and math skills that can lead to student success in math courses. Students will be able to describe math anxiety and practice how to minimize it. Students will be guided to math resources at the college, including tutoring, videos, websites, and math computer tutorials. All students will create a personalized Math Portfolio describing the student's math strengths and weaknesses and strategies taken during the semester to improve them.

**Course Requirements:** The course consists of 13 weekly lectures and 5 hours of required laboratory activity outside of the classroom. Students will receive a handout activity and reading material every week so attendance is very important. Students may complete the required 5 hours of math lab activity by obtaining tutoring, viewing math videos, websites, and using computer tutorials. Each student will complete a Math Portfolio to show what was learned in this course.

**Weekly Topics:**

1. Introduction – course description, requirements, math survey, Math Anxiety
2. Math is a Special Course – Reducing Math Anxiety
3. How to Discover Your Math Learning Strengths and Challenges
4. Math Study Habits – Math Strengths and Weaknesses
5. How to Remember What You Have Learned
6. How to Remember What You Have Learned
7. How to Improve Your Reading, Homework, and Study Skills Techniques
8. How to Improve Your Math Test Taking Skills
9. Math Workshop
10. Getting ready for Finals – Departmental Exams.
11. Math Workshop

\* In addition to the weekly topics, we will cover varying mathematical concepts as well.

**Grading Policy:** You are expected to fully participate in class discussions and complete writing assignments. You will have to complete a math autobiography and there will be a final exam. Your work will be submitted in etudes.

**Grade Distribution:**

90 – 100%	A
80 – 89 %	B
70 – 79 %	C
60 – 69 %	D
Under - 60%	F

Students with disabilities or special circumstances may notify the instructor of accommodations that may be required.

**Student Materials:**

- 3-ring notebook, pen and pencil
- No textbook is required.

West Los Angeles College Institutional (SLO's)

**Student Learning Outcomes (SLOs)** : Self-awareness/Interpersonal Skills: Apply self-assessment and reflection strategies to interpersonal work, work, community, career and educational pathways. Identify, analyze, and solve problems that are quantitative in nature. Utilize the appropriate technology effectively for informational, academic, personal, and professional needs.