

Math difficulties are not always a sign of a learning disability. They can be associated with other conditions and disabilities:

- *Limited education in math*
- *Lack of sleep*
- *Anxiety or depression*
- *Brain Injuries*
- *Other health problems*

Contact Disabled Student Programs & Services 395-4334

Bakersfield College provides services and benefits to students regardless of race, color, national origin, ancestry, gender, age, religion, marital status, medical condition or physical or mental disability. The lack of English language skills will not be a barrier to admission and participation in vocational education programs. Interference with students' access and successful completion of their education by any person through unlawful discriminatory conduct will not be tolerated. For more information, contact the Vice President of Student Services at (661) 395-4204.



Bakersfield College

Disabled Student Programs & Services
FACE Building – Room 16
1801 Panorama Drive
Bakersfield, CA 93305
(661) 395-4334 V/TTY

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<http://www2.bakersfieldcollege.edu/jkirst>

Do you have trouble with MATH?

$x - 2 = 0$ $a^2 + b^2 = c^2$ $\frac{3}{4} - \frac{1}{2} = x$



Disabilities and Math

MATH

Trouble remembering basic math facts?

Can't learn the steps for solving problems?

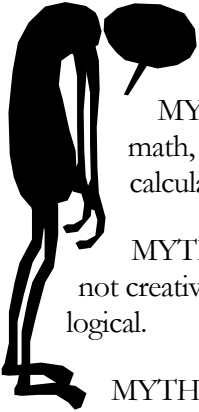
Numbers look like a hodge-podge?

"Careless errors" in math getting you down?

Big problem with word problems?

Could be a sign of a Disability affecting Math.

MATH MYTHS:



MYTH #1: Aptitude for math is inborn.

MYTH #2: To be good at math, you have to be good at calculating.

MYTH #3: Math requires logic, not creativity, and few people are really logical.

MYTH #4: In math, what's important is getting the right answer.

MYTH #5: Men are naturally better than women at mathematical thinking.

From:

<http://www.mathacademy.com/pr/minutes/anxiety/index.asp>

HOW TO IMPROVE YOUR MATH SKILLS

- Write it down – Don't skip any steps. Write each step on a new line, and say what you're doing.
- Check backwards – After completing a math problem, work backwards to the beginning.
- Colors – Highlight operational signs, or color code parts of formulas.
- Team up – Join a study group and work problems out loud. Make practice tests for each other and grade them together.
- Listen – Tape record class and tutor sessions; summarize each lesson at the end of the tape.
- Repeat – Practice new math concepts or formulas within 24 to 48 hours after learning them.
- Predict – Estimate the answer before calculating.
- Do a "brain dump" to start tests (immediately write formulas at top of exam paper)

*Multiplication is vexation,
Division is just as bad;
The Rule of Three perplexes me,
And Practice drives me mad.
– Old Rhyme*

OTHER TIPS

Flash Cards – Some students benefit from flashcards to learn math facts and formulas. For formulas, write a sample problem on the back.

Math Journal – Keep a daily journal for math. Write your daily actions, reactions, and action plans.

1. Actions: "Today I did 10 problems solving for X with whole numbers. Then listened to my tape from class."
2. Reactions: "My heart pounded, my hands were sweaty, and I forgot the answer for $13 - 9$ in this problem $X + 9 = 13$."
3. Action Plan: "Tomorrow I'll do 2 more problems like these before 9 a.m., and meet with my tutor to review solving for X with whole numbers."

FOR MORE INFORMATION

If you are concerned about your math and want to know if it is related to a disability, contact DSPS. Students who are enrolled at Bakersfield College may request free Learning Disability Testing.

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