

# The Adult Learner Connection

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Inside this issue:

Mastering Math Anxiety	1-2
College Transfer Fair	3
Retirement Wisdom	4
Sister Friends	5
Welcome Back	6
Helpful Websites	7

## Mastering Math Anxiety

By Jonathan Baker,  
Mathematics Department Chairperson

Ever had something terrify you so much, that you believed it would always conquer you? As children, it could have been the fear of the dark; as adults, it might be doing your taxes. But as students, often times this type of fear is associated with mathematics. Friends, I'm here to inform you that **YOU CAN DO IT!!**

Anxiety towards mathematics is a mindset that can follow us throughout our education. It is perpetuated when the negative experiences – grades, comments by others - consistently outweigh the positive ones. But, I want to reassure you that **you've been using mathematical skills all along**. How do you think you're able to: take care of your family, go to work, and be successful in your coursework? You've used deductive reasoning skills to solve the problem, "How am I going to balance my busy life for the next 11 weeks?" The reasoning skills developed by your mathematics courses help you to take the problem, then logically consider the steps involved to get to the desired answer. Isn't that what you did with many of your mathematics course? Sure, there may not be any "x's" and "y's," but you're dealing with unknown quantities and trying to make everything "equal out."

On the other hand, there is a practical side of Math Anxiety that will try to paralyze you as you take an exam. Here are a few helpful tips to escape its grasp.

### 1. Prepare & Plan

Consistently work on several homework problems after each class. Waiting until the last minute to complete all of your homework leaves minimal time to have your instructor answer any of your questions.

### 2. Take the test as if you were merely studying

So, if you chewed gum while you studied, then bring gum to the test. If you had a type of pencil that you used when you studied, then use the same type with your exam. Consistency decreases anxiety.



"Nine-tenths of  
wisdom is being  
wise in time. "

-Theodore Roosevelt

**3. Minimize any stress right before the exam**

Come in calm. Get to school early, don't try to cram right up until the exam. I'd recommend that you avoid learning anything new the last 30 minutes before an exam. Instead, use some of that time to calmly review the material that you're more familiar with. Also, don't feel compelled to listen to other people who are reviewing together. If that distracts you, then it's OK to "Just say No."

**4. Take it 1 problem at a time.**

Looking over the exam in its entirety can only heighten the anxiety. Just work on 1 problem and cover the others on that page with your non-writing hand.

**5. Skip and Return**

If you see it and can at least attempt the exercise, then do so. If not, find the ones you're more familiar with and complete those. Then come back to the more difficult ones later.

**6. Manage your time.**

Avoid becoming frantic when you see others finishing their exams. Periodically glance at your time-keeping device. If you use a cell phone, make sure it's turned off.

**7. Finish Strong!!**

Attempt every exercise. Circle your final answers. Double-check your work.

In general, let each quarter serve as a fresh start for you. Look at it this way, perhaps math might have been intimidating at earlier points in your life, but the dawn of a new quarter has a way of resetting everything for you.

You may be thinking, "Well you've always been good at math." Not necessarily. I remember struggling to get a C in Algebra I in high school. The greatest lesson I learned through that struggle was that I needed to show my work. Once I figured that out, I went on to take 4 years of Mathematics. And if someone has advised you to also, "Show more work;" I'd agree with them. Taking the time to show your work helps you to mentally understand and physically document your thinking.

Anxiety over mathematics is a mindset. Reset your mind, and adjust some of your habits; and the Math Anxiety Monster will shrink. You can even check out these websites, too.

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

<http://www.math.com/students/advice/anxiety.html>

<http://www.mathpower.com/reduce.htm>



# COLLEGE TRANSFER FAIR

Thursday, October 12th  
10:00 a.m.—1:00 p.m.  
and 4:00—6:00 p.m.

Location: Gym,  
Delaware Hall

Are you considering transferring to a 4-year school after Columbus State? Here is your chance to “shop around” for a college without leaving campus. You will have the opportunity to talk with representatives from over fifty 4-Year Colleges to ask questions about the transfer process, requirements for your major, and application deadlines. **Call 287-2668 for more information.**



# Retirement Wisdom and Folly: Seasoned Retirees in Dialogue with Recent Retirees

Columbus State's Time of Your Life Center presents its new

## **MOVIN' ON NETWORK**

Join us for this exciting kickoff event!!!

**Learn ...**  
about what lies  
ahead

**Explore ...**  
the possibilities

**Begin...**  
planning for your  
future

**Crossing the boundary between employment and retirement raises questions that the newly retired want to ask those with five, ten, fifteen, or twenty years of retirement experience. Come to this informal gathering to pose questions, to share insights, to dispel myths, to find support and encouragement wherever you fall on the retirement lifestyle continuum. Light refreshments will be served.**

• **Target Audience:** *Anyone who is retired, or is approaching retirement*

• **Date:** *September 18th*

• **Time:** *5:30–7:30 p.m.*

**Location:** *Center for Workforce Development, Room 353*

• **Cost:** *\$10 or FREE to LLI & Time of Your Life Center Members*

• **Course Number:**  
*CPEPDV - 162*

Columbus State Community College  
Continuing Professional Education

550 East Spring Street  
Columbus, Ohio 43215

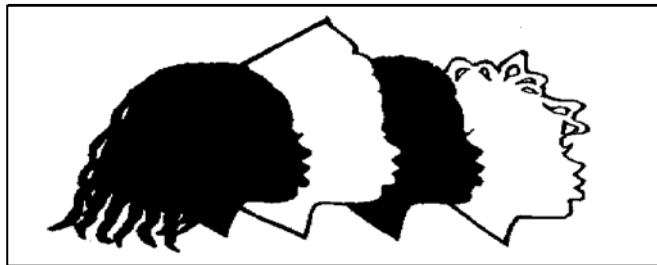
Phone: 614-287-2576  
Fax: 614-287-5438

**Enroll today.  
Seating is limited!**

**Register by calling:  
(614)287-5858**

# “Sister Friends”

By Chandra Bell,  
Counselor  
Advising and Counseling Services  
Columbus State Community College



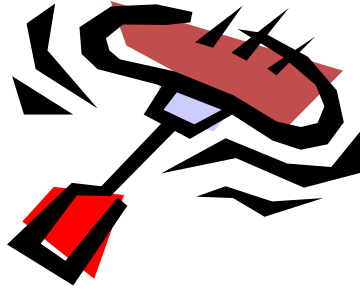
“Sister-Friends”, is an African American Women’s Support Group and one of the many student organizations at Columbus State. “Sister-Friends” is designed to help African American women students cope with feelings of isolation by coming together to celebrate one another’s strengths and sisterhood. The group also assists African American women in striving to reach their fullest potential in a very supportive atmosphere. The focus areas include group discussions topics, artistic expressions, and special programming. The group operates autumn, winter, and spring quarters and meets every other Thursday from 11:00 a.m.-12 noon.

During Autumn quarter, meetings will be held in Aquinas Hall 118 on the following Thursdays:

September 28th  
October 12th  
October 26th  
November 9th  
November 30th

For more information on how you can get join, call “Sister-Friends” Advisor, Chandra Bell at (614) 287-5414.

# ***Welcome Back***



***Wednesday, September 27th,***

***11:30 am—1:30 p.m. & 4:00—6:00 pm***

***Outside on the Commons***

***FREE FOOD***

***Information tables for student organizations and resources on campus, ,, and  
more!***

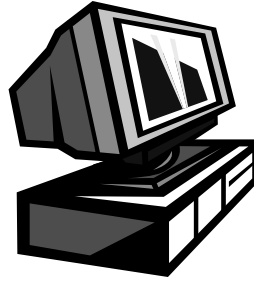
***Join in the Fun!!***

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."

-Henry Ford

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## HELPFUL WEBSITES



<http://actionforchildren.org> - Resource and referral agency that works with parents, child care providers, businesses, and community organizations to help promote the availability of quality child care services in the area.

<http://www.adultstudent.com> - Success stories, developing goals, note taking, financial aid resources, and concentration.

<http://osu.transfer.org> - Course Applicability System (CAS). A web based advising tool to assist transfer students. Provides up-to-date information about course equivalencies , and applicability of courses toward degree completion.

<http://www.collegesource.org> - Free college searches and over 14,000 catalogs online.

<http://www.fafsa.ed.gov> - Internet access for filing FAFSA (Free Application for Federal Student Aid).

<http://www.firstlink.org/dol/> The **FIRSTLINK** Directory Online provides detailed, immediate access to all the information you need about more than 5,000 different nonprofit and government programs, health care resources, self-help, and support groups available in Franklin County.

<http://www.iwaynet.net/~40plusoh/> - Forty Plus of Central Ohio is a non-profit, member operated, job search training organization for experienced professionals of all ages who are currently seeking better career opportunities. The website includes information on classes on resumes, interviewing, networking, etc.

<http://www.math.com> - The world of math online. Explanations and practice for basic math through calculus.

<http://ohioline.osu.edu> - Resources for family, home, children, community, food, etc.

<http://www.olin.org> - The Ohio Learning Network. A consortium of Ohio colleges and universities offering distance learning courses including OhioLEARNs, an online catalog of courses offered at a distance by Ohio colleges/universities.

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# COLUMBUS STATE COMMUNITY COLLEGE

"The last of human freedoms is the ability to choose one's attitude."

- Victor Frankel

The **Adult Learner Connection** is a creation of Counseling and Advising Services / Laura Huston-Hoburg, Counselor at Columbus State Community College. For more information please call 287-5023, or stop by Aquinas Hall, room 116.