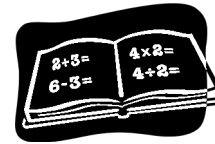


**Fall 2009**  
**Winning at Math Power Hours**  
*For Expanding Mathematical Skills*



The Student Academic Services Center (SASC) and the Department of Mathematics offer a series of seminars (a.k.a Power Hours) designed to help you excel in your math course. Visit any or all of the Power Hours for tips from professionals on increasing your success in your math class!

*Additional Power Hours, including in-class versions, will be offered if requested.  
 Each Winning at Math seminar counts as one McNeill Power Hour.*

When	Where	POWER HOUR	WHAT YOU ARE REQUIRED TO BRING WITH YOU (if available)
Thursday, August 27 5-6:30 pm	ECCR 133	Gearing Up For Calculus	Your course notes, textbook, homework assignment sheet, most recent homework assignment, office hour schedule
Tuesday, September 1 5-6:30 pm	ECCR 151	Success Strategies	Your course notes, textbook, homework assignment sheet, most recent homework assignment, office hour schedule
Tuesday, September 8 5-6:30 pm	ECCR 151	Managing Math Anxiety	Calendar or datebook with exam/paper due dates penciled in, office hour schedule
Thursday, September 10 5-6:30 pm	ECCR 133	Exam Preparation	Exam schedule, topics for next exam, review sheet, 3 most recent graded homework assignments, most recent graded quiz, textbook, practice exam
Tuesday, September 15 5-6:30 pm	ECCR 151	Problem Solving	Textbook, an assignment with at least one word problem, problem-solving strategy from class
Tuesday, September 22 5-6:30 pm	ECCR 116	Success Strategies	SEE ABOVE
Thursday, October 1 5-6:30 pm	ECCR 133	Managing Math Anxiety	SEE ABOVE
Tuesday, October 6 5-6:30 pm	ECCR 116	Exam Preparation	SEE ABOVE
Thursday, October 8 5-6:30 pm	ECCR 133	Problem Solving	SEE ABOVE
Tuesday, November 3 5-6:30 pm	ECCR 116	Success Strategies	SEE ABOVE
Wednesday, November 18 5-6:30 pm	MUEN E131	Exam Preparation	SEE ABOVE
Thursday, December 3 5-6:30 pm	ECCR 133	Managing Math Anxiety	SEE ABOVE
Monday, December 7 5-6:30 pm	ECCR 116	Exam Preparation	SEE ABOVE

**DESCRIPTION OF POWER HOURS**

**GEARING UP FOR CALCULUS:** This workshop gives strategies for coping with the fast pace of calculus, developing effective study habits, and thinking mathematically rather than formulaically.

**SUCCESS STRATEGIES:** Learn to make the most of math lecture and the textbook; learn strategies for better note-taking and for maximizing your study effort!

**MANAGING MATH ANXIETY:** Learn what math anxiety is and ways to manage it. You will also analyze your learning channel and receive suggestions for each channel to better your success in math.

**EXAM PREPARATION & TEST TAKING SKILLS:** Learn how to organize and focus when studying for a math exam and optimize your performance!

**PROBLEM SOLVING SKILLS:** Make yourself the master of word problems – don't let them control you. Learn problem solving techniques that will enhance your mathematical thinking skills!

To pre-register go to <https://sasc-fm.colorado.edu/workshops/>  
 Questions? Contact Maung Yi Moon at [maung@colorado.edu](mailto:maung@colorado.edu)