



# The Success Story



Success Center ■ Room 1145 Information Science Building

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## Welcome and Welcome Back!

This issue of *The Success Story* is published to welcome old and new students to Southwestern Illinois College and to inform our readers of the services available in the Success Center.

## What is the Success Center?

The Success Center is located in room 1145 of the Information Science Building and houses tutoring, a computer lab, and other academic support services. **Free** tutoring in a variety of subjects including math, English, sciences, social sciences, accounting, nursing, and more is available to all Southwestern students on a walk-in basis. A variety of workshops, academic software, math and study skills videos, and calculator usage videos are a sampling of services available to our students.

## What Is *The Success Story*?

*The Success Story* was created in the fall 2001 as a method to communicate with students and faculty. A naming contest was held and *The Success Story* received its name from deceased faculty member Don Distler. Don was a strong proponent of the Success Center and learning. We are proud to use the name he saw so fitting for our publication.

This newsletter provides tidbits of information on study skills, academic websites, topics of interests, highlights of new staff or services and answers to your questions.

### **On-line Writing Lab (OWL) ready for your submissions.**

*Wanted Writing Students:* Get help with your writing assignment without ever leaving your house. The OWL receives your papers and within 48 school-time hours, will return your paper with comments and suggestions about your work. Submit papers to: [swic.edu/owl](http://swic.edu/owl)

## Math Making You Sick?

Does the thought of taking a math test make your heart race? Do your palms sweat when put in a calculating situation? Do you avoid math like it's the plague? You may be suffering from math anxiety and you are definitely not alone. Many people experience anxiety or increased stress when presented a math test; however, for some the anxiety can be debilitating.

## Causes of Math Anxiety....

Math anxiety can occur for various reasons. A few of the possibilities are:

- Over-memorization
- Intimidation, especially from early childhood
- Early punishment (perhaps for counting on your fingers!)
- Family pressures and expectations
- Poor teaching techniques
- Not realizing that reading math may differ from your usual reading style
- Other possible reasons can be as varied as there are varied individuals.

If you are uncertain whether you have math anxiety at any level, take this brief on-line assessment: [www.mathpower.com/anxtest.htm](http://www.mathpower.com/anxtest.htm) or make an appointment with Barb Olsen in the Counseling Center for a more detailed evaluation.

## Math Anxiety Workshop-Fall 2002

Counselor Barb Olsen and Math Instructor Kirsten Webb will be teaming up this fall to present a six-week workshop, Math Plus, aimed at providing students with tangible methods to help them reduce anxiety associated with math. The workshop will address: sources of math anxiety, new math perception strategies, anxiety management techniques, and more. Students create a support network and have fun too!

## Math and Test Anxiety Resources

The Success Center will assist you in confronting your math and test anxiety head on with a host of resources:

- **VIDEOS:** Consider viewing: *Math: A Four-Letter Word*, *Dave Ross: Test Anxiety*, *Test Taking Without Fear* or *Why Do I Need Math?* All of these free videos are short (15-30 minutes) and available to you in the Success Center. After viewing a video, meet with one of our tutors and see how they can help you feel more comfortable with the subject material.
- **WEBSITES:** Check out one of these websites packed full of valuable hints:  
[www.mathpower.com](http://www.mathpower.com)  
[www.mathmatters.net](http://www.mathmatters.net)  
[www.mtsu.edu/~devstud2/anxiety.html](http://www.mtsu.edu/~devstud2/anxiety.html)  
[www.counsel.ufl.edu/selfHelp/testAnxiety.asp](http://www.counsel.ufl.edu/selfHelp/testAnxiety.asp)
- **BOOKS:** For a deeper exploration, consider:  
Mind Over Math: Put Yourself On the Road to Success By Freeing Yourself from Math Anxiety by Stanley Kogelman  
Overcoming Math Anxiety by Sheila Tobias  
Succeed With Math: Every Student's Guide to Conquering Math Anxiety by Sheila Tobias  
MATH! A Four Letter Word (The Self-Help Handbook For People Who Hate or Fear Math) by Angela Sembera and Michael Hovis  
Where Do I Put the Decimal Point? How to Conquer Math Anxiety and Let Numbers Work for You by Elisabeth Ruedy and Sue Nirenberg

## **Top 10 Ways To Reduce Math Anxiety**

1. Overcome negative self-talk.
2. Ask questions.
3. Consider math a foreign language – it must be practiced.
4. Don't rely on memorization to study math.
5. READ your math text.
6. Study math according to your learning style.
7. Get help the same day you don't understand.
8. Be relaxed and comfortable while studying math.
9. "TALK" mathematics.
10. Develop responsibility for your own success and failures.

Adapted from Mathpower.com by Ellen Freedman

## **Brain Freeze?**

Do you sometimes have a hard time getting started on a writing assignment? Can't think of what to say? No ideas come to mind? Consider seeing a writing tutor who can assist you with any phase of the writing process including developing ideas, creating the outline, researching the topic, citing the work, reviewing the rough draft or assessing the final paper. You can walk-in or make an appointment by calling 235-2700 Ext. 5117

## **Look Who's New**

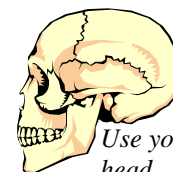
Welcome to our new English Specialist, Cathi Teel. Cathi has been an adjunct English faculty member since 1990 and will now be incorporating her expertise with students in the Success Center. Cathi is available to help students with writing, reading and speaking projects as well as study skills. Welcome Cathi!



Cathi Teel  
English Specialist

## **No Bones About It**

Did you know that we have some wonderful biology models, anatomy and physiology software and microscopes?



Use your  
head...go to the  
Success Center  
for help

## **Dear Gabby**

*Dear Gabby: I'm a new student and I've heard all kinds of advice from friends and my parents (and the two don't often agree), but when should I consider seeing a tutor?*

*Signed: Freshman Seeking Insight*

Dear FSI: Good for you for taking initiative with your college experience! Some students think the best time to seek tutoring is when they are in danger of failing, but this is not so. The best time to see a tutor is when you want to do better in a course. For some, they come the first day of the semester because they know the specific course will be tough for them and others come before a test for extra practice. You be the judge, but we are available to you 60 hours a week when you want the help.