




MATH MENTALITY WORKSHOP


PRESENTED BY THE
STEM META MAJOR TEAM

Together, we'll explore strategies to overcome math anxiety, build confidence, and develop the right habits to succeed in your math courses.

- This workshop will cover:
- Study tips and time management tailored for STEM courses
 - How to use campus resources like tutoring and office hours effectively

Presented by:
SUSANA ACOSTA
Math Faculty
ANA FERNANDEZ
STEM/MESA Counselor

 **Thursday**
October 16, 2025
1130a - 1230p

 **via ZOOM**
Scan QR
Code to
Register



Whether you're just starting your math journey or looking to level up, this workshop will help you approach math with confidence and the tools to succeed