

Math 1 A/B

How to Learn Math

Lesson 1

Name: _____

Date: _____

Period: _____

“How do people feel about math?”

How do the people in the video feel about math?

Was there any response that stood out to you? Did someone say something that was surprising?

Why do you think people often don't like math?

“Math Myths and the Brain”

What was a really important message you have just heard? You can choose as many as you like.

- Anyone can succeed in math.
- There is no such thing as a "math person."
- When you learn something new, synapses fire in your brain.
- You need to exercise your math brain.

“Brain Growth”

What happened when a girl had half of her brain removed?

- The connections grew back faster than scientists had thought possible.
- She remained disabled because brains cannot change and grow.
- She enrolled in an online course.

“Smashing Stereotypes.”

Write down the main messages you learned in lesson 1. What are 3 important things you learned today that everyone your age should know?

Don't write it as a message to your teacher. Write this as though you're telling one of your friends who is not in this class.