Sheila Tobias has written many books and articles about mathematics education. The following excerpt is from one of her books, "Math Anxiety: Overcoming the Obstacles to Learning Mathematics."

**Symptoms of Math Anxiety**

1. **Procrastination**: When faced with math problems, are you more likely to put them off until the last minute?
2. **Fear of Failure**: Do you worry that you will make mistakes and feel embarrassed?
3. **Negative Self-Talk**: Do you often say things like, "I'm not good at math" or "I'll never understand this?"
4. **Test Anxiety**: Do you feel nervous when taking math tests?

**Breaking It Down**

When you do not understand how to solve a problem, are you afraid to ask for help?

**Making It Matter**

Do you always want to get the right answer, or are you willing to try different methods to find a solution?

**Questions for Writing and Discussion**

- How do you handle math anxiety when it arises?
- Can you think of situations where you have experienced math anxiety?
- How have you overcome math anxiety in the past?

What's wrong with American education? America is the only developed country in the world that requires its teachers to be college graduates. In other countries, there are no real requirements. It is often said that teachers are underpaid, but this is not the case. Teachers are often very well paid, especially in the United States. However, what is often overlooked is that teachers are underpaid in many other countries as well. In fact, in many countries, teachers are paid more than doctors. The reason for this is that in many countries, education is highly valued, and teachers are seen as important professionals. In the United States, however, education is often seen as a commodity, and teachers are often underpaid.

In my opinion, the biggest problem with American education is that it is often seen as a commodity, and teachers are often underpaid. In many other countries, education is highly valued, and teachers are seen as important professionals. In the United States, however, education is often seen as a commodity, and teachers are often underpaid. The reason for this is that in many countries, education is highly valued, and teachers are seen as important professionals. In the United States, however, education is often seen as a commodity, and teachers are often underpaid.
First let's take a basic inventory.

Next, let's introduce the link between attitude and learning. The book on periodic table of elements, for instance, describes how elements exist in nature. If you find that you are not interested in learning, if learning is not enjoyable, then something may be wrong with your attitude towards learning.

You may have noticed that the attitude towards learning is not easily altered. It takes a great deal of time and effort to change a person's attitude towards learning. You have to see that the way students do things makes a difference.

1. **If you want to become a Smart Student**

   Students know how to read, write, and do math. They also know how to apply those skills in a variety of contexts. This understanding is what we call learning. Learning is the process of acquiring new knowledge, skills, and behaviors. To become a smart student, you need to:
   - Be curious.
   - Be open to new ideas.
   - Be willing to take risks.
   - Be persistent.

2. **Learning Less and Receiving More**

   Are you working harder than you have to? Are you spending too much time on homework? Do you feel like you're not learning enough? It's possible that you're not learning the right way. Learning less and receiving more can be achieved by:
   - Changing your mindset.
   - Setting realistic goals.
   - Using effective study techniques.
   - Seeking help when needed.

3. **Making It Matter**

   What are the differences between successful students and unsuccessful ones? What do you think the value of beginning a piece of writing with?

   **BREATHING IT DOWN**

   When you finish writing a piece of writing, do you think about what you have accomplished? What is the point of your writing? What do you want your readers to take away from your writing?

   **TAKE THIS QUIZ**

   1. What is your attitude towards learning?
   2. How do you measure success?
   3. What are the differences between successful students and unsuccessful ones?

   **Questions for Writing and Discussion**

   - What is the purpose of learning?
   - What are the benefits of learning?
   - How can learning be made more effective?

   These considerations help explain why math is not as difficult as we once thought.