MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title:	**Math and Science Anxiety**	**Submitted By:**	**Jim Cagle**
Semester Course Prefix and Number:	**SSS 1425**	**Approval Date:**	**10/10/02**
Old Quarter Course Prefix and Number:	**PSYC 1459**	**Revision Date:**	**January 2002**

Number of Credits: 1 **Number of Lecture Credits: 1**

Semester(s) Offered: **Number of Lab Credits:** **Number of Lab Hours:**

Negotiated Class Size: **Number of Studio/Demonstration/Internship Credits:**

Course Purpose Code:

_____ **0 –** Developmental Courses
_____ **1 –** General Studies (Eveleth Campus only)
_____ **2 –** Technical course related to career programs
_____ **3 –** College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
__X__ **4 -** Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
_____ **5 –** Course which is intended to fulfill general education, Minnesota Transfer Curriculum (MNTC) requirements.
_____ **9 –** Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:

The Math and Science Anxiety workshop will provide participants with and understanding of and techniques in reducing their math and science anxieties. The natural learning process will be explored. Stress and change will be addressed as will time management; all factors in reducing anxieties in college level classes, in particular math and science. This course is offered only to Student Support Services (REACH) participants.

Prerequisites and/or recommended entry skills/knowledge:

Course Prerequisite(s): None
Reading Prerequisite: None
Composition Prerequisite: None
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable: Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).

0. __X__ None
1. _____ Communications
2. _____ Critical Thinking
3. _____ Natural Sciences
4. _____ Mathematical/Logical Reasoning
5. _____ History and the Social and Behavioral Sciences
6. _____ The Humanities and Fine Arts
7. _____ Human Diversity
8. _____ Global Perspectives
9. _____ Ethical and Civic Responsibility
10. _____ People and the Environment

Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:

The student will:

- Recognize the myths of math and science anxiety
- Learn the natural learning process theory
- Learn and practice relaxation/visualization techniques
- Have the opportunity to practice and experience success in mathematical and scientific computations
- Learn coping skills for stress related math and science classes
- Practice time management related to necessary study time in science and math classes

Student assessment methods:

- Attendance at all sessions of the workshop
- Participation in class exercises and discussion
- Three page written reaction paper

Use of instructional technology (includes software, interactive video and other instructional technologies):

Video- Math A Four Letter Word

Outline of the major course content:

- Relaxation/visualization technique experiences
- Natural learning process theory
- Myths- video presentation-discussion family and school history
- Practice techniques learned
- Small group exercises in metrics
- Question/answer session to math and science faculty
- Stress and time management

Additional special information (special fees, directives on hazardous materials, etc.)

Transfer Information: (Please list colleges/majors that accept this course in transfer.)
Transfers as elective credits only

Approvals:

Body	Representative Signatures	Date

Curriculum Committee		
Faculty Association		
Meet and Confer		
Chief Academic Officer		

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