

## Math Autobiography

The purpose of your math autobiography is to reflect on your past experiences when learning math, how they made you feel then, and how these experiences and feelings shape how you feel about your current math classes. It will close with solutions to help you improve your experiences in math classes.

The following writing process will simplify this task while improving the final paper.

1. Brainstorm examples of math anxiety to get you started on your paper. Record these on the charts on the next page.
2. Next to each experience you record, write how the experience made you feel.
3. To further your brainstorming, complete the following sentences:

My favorite math instructor was \_\_\_\_\_

Because he/she \_\_\_\_\_

I always felt \_\_\_\_\_

One math instructor who bothered me was \_\_\_\_\_

Because he/she \_\_\_\_\_

I always felt \_\_\_\_\_

When I hear the word *math*, I think of \_\_\_\_\_

\_\_\_\_\_

I did well in math until \_\_\_\_\_

The first time I experienced math anxiety was when \_\_\_\_\_

\_\_\_\_\_

The first time I was anxious before or during a math test was when \_\_\_\_\_

\_\_\_\_\_

The most recent time I was anxious about math class was when \_\_\_\_\_

\_\_\_\_\_

The most recent time I was anxious before or during a test was when \_\_\_\_\_

\_\_\_\_\_

4. Since an autobiography is in chronological order, identify the important pieces of information in your brainstorming and place them into the correct time categories in the tables on the following pages. These tables will help create the outline for your paper.

5. You will write the introduction last, after you have thought through the meaning of your experiences. Then, when you write the final paper, you will place the introduction paragraph first.

<p>Elementary School</p> <p>Main Paragraph One</p>	
Experiences	Feelings

As a result of these experiences, now when I am in math class, studying math, or taking a math test, I .....

<p>Middle School</p> <p>Main Paragraph Two</p>	
Experiences	Feelings

As a result of these experiences, now when I am in math class, studying math, or taking a math test, I .....

<p>High School</p> <p>Main Paragraph Three</p>	
Experiences	Feelings
<p>As a result of these experiences, now when I am in math class, studying math, or taking a math test, I .....</p>	

<p>College and/or Work Experience</p> <p>Main Paragraph Four (If this applies)</p>	
Experiences	Feelings
<p>As a result of these experiences, now when I am in math class, studying math, or taking a math test, I .....</p>	

**Conclusion Paragraph** - When I look back on my experiences learning or using math, I understand why I have developed attitudes like:

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To develop a more positive perspective toward math, I need to improve certain behaviors.

Behaviors

Solutions for Change

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

As a result, I will .....

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**Introduction Paragraph** - When you write your final paper, this paragraph will be your first. This paragraph should introduce the main lesson you have learned through this activity. Look at what you have written for your conclusion paragraph for some ideas.

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6. Now, using the tables as your outline, complete the final paper and turn it into your instructor.