

Chat Notes - Understanding Your Role in the Math Classroom to Help Students Overcome Math Phobia (Dr. Keao Tano) - 22 March 22

00:18:54 Rose Mares: Hi my name is Rose and I'm attending at East Los Angeles College

00:19:13 Tulia Gonzalez: Tulia Gonzalez from Cerritos college

00:19:35 Raevyn Hernandez: Hi, Raevyn Hernandez from Cerritos College

00:20:00 adriana urena: Hello all! My name is Adriana Urena from College of the Canyons

00:20:14 Heba Ghaly: Hello Everyone
Heba Ghaly - Cerrittos college
hebaghaly43@yahoo.com

00:20:33 Skyler Naimy: Skyler Naimy! Pierce college!

00:20:40 Linda Alvarez: Hello, Linda Alvarez -- Cerritos College

00:21:56 Sandy Pech: Hello everyone, Sandy Pech from Bakersfield College.

00:22:42 adriana urena: 😊

00:22:43 Mai Ebbets: Mai ebbets lamc

00:22:44 Elizabeth Afaro: 😊

00:22:44 Maria Guadalupe Kwan: 😊

00:22:45 Jessica Ruvalcaba: ?

00:22:49 Jeremy Ramos: ❤️

00:22:55 Krista Gaudy: 😊

00:22:55 April Escobar: 😊

00:22:56 Marie Langerica: 😊

00:22:56 Oralia Kameny: 😊

00:22:57 Rosa Rodriguez: 😊

00:22:59 Jennifer Lima Ruiz: ?

00:23:00 Tulia Gonzalez: ?

00:23:01 Faith Gandy: 😊

00:23:06 mercedes fuentes: 😊

00:23:08 Catalina Stewart: 😊

00:23:09 stephania covarrubias: 😊

00:23:18 Melissa Alvarez-Mejorado: 😊

00:23:26 Oralia Kameny: I totally wish I was a math person

00:23:31 Rosa Rodriguez: I use to be a bookkeeper

00:23:31 Haihua Chen: 😊

00:23:33 Linda Alvarez: 😊

00:23:44 Arsineh Gharabeg: 😊

00:24:29 stephania covarrubias: I have been intimidated by math since I was in high school, it made me not want to join college until now at 31 years old, I figured if I could face an on going pandemic I could also face math

00:24:40 Maria Guadalupe Kwan: I remember when I was in school elementary to high school I had good grade in math .. not until I got to college courses it change I'm planning on taking one of the math classes that I need to be able to go toward a BA in education

00:25:01 Maria Guadalupe Kwan: last math I took was stats that was a while ago , and I barely pass with a C

00:25:09 Marini Smith: Thank you for sharing your stories around math in the chat.

00:26:03 Jeremy Ramos: 🙄

00:26:09 Cynthia Montiel: lol

00:26:24 Rosa Rodriguez: 🙄

00:26:40 Jessica Ruvalcaba: Isolate the variable!

00:26:47 Cynthia Montiel: #2

00:26:49 Karen Aguirre: 2

00:26:51 Tulia Gonzalez: 😊

00:26:53 Calise Tate: definitely the 2nd one

00:26:54 Melissa Alvarez-Mejorado: 2

00:26:54 Jennifer Lima Ruiz: #2

00:26:57 Rosa Rodriguez: 2

00:26:57 Jessica Ruvalcaba: 2

00:26:57 adriana urena: The 2nd one

00:26:58 Jeremy Ramos: #1

00:26:59 Maria Mariscal: 2

00:27:00 Linda Alvarez: 2nd

00:27:02 Itati Alvarez: 2

00:27:06 Skyler Naimy: 2nd

00:27:22 Marie Langarica: uncomfortable

00:27:22 Arsineh Gharabeg: 1.95 round up 2

00:27:24 Oralia Kameny: Panicked!

00:27:24 Skyler Naimy: Anxious

00:27:26 adriana urena: I felt dumb for forgetting the quadratic formula

00:27:26 Rosa Rodriguez: It was intimidating

00:27:33 Maria Guadalupe Kwan: lol since its been a while i'm too old 38 I panick how can I forget

00:27:35 Tulia Gonzalez: anxious

00:27:37 Maria Mariscal: very unsure

00:27:37 stephania covarrubias: intimidating

00:27:39 Jennifer Lima Ruiz: Nervous

00:27:39 Melissa Alvarez-Mejorado: ready to leave the workshop 😊

00:27:47 Jessica Ruvalcaba: Sad that i didn't remember how

00:27:50 Lea Martinez: Total panic...had to prepare a lot!

00:27:50 Arsineh Gharabeg: It's been a while I did this

00:27:53 Raevyn Hernandez: caught off guard

00:27:54 mercedes fuentes: tired lol I just came out of a calculus exam

00:27:59 Rosie Monterroso: I have nervous

00:28:03 Sandy Pech:blanked out

00:28:06 Rosa Rodriguez: 🤔

00:28:13 Gloria Alfonso: Anxious

00:28:13 Itati Alvarez: Nervous

00:30:18 stephania covarrubias: I want to know math its just like another language that I cant seem to understand

00:31:16 Rosa Rodriguez: Math is fun and in many things like cooking

00:32:16 Oralia Kameny: mmmm... never thought about that

00:33:00 Marini Smith: So true... It's socially acceptable to express negative feelings about math. It's like a secret (or not so secret) society, lol.

00:33:04 Rosa Rodriguez: I use it life situations such as sales or buying a car. Making it relatable

00:34:04 Rosa Rodriguez: Especially since influencers and social media income generating wealth. It's crazy

00:40:25 Krista Gaudy: Not being as smart as others

00:40:26 adriana urena: I do when it comes to tests or timed problems

00:40:40 Catalina Stewart: Avoiding math at all cause!

00:40:42 stephania covarrubias: I get very nervous and stressed out and just give up before trying

00:40:43 Calise Tate: Being afraid to learn or not being able to do things because you're nervous/scared of failure

00:40:53 Jennifer Lima Ruiz: I feel like why I can't understand how to solve the problems

00:40:58 Sandy Pech: Feeling pressured

00:41:02 Rosa Rodriguez: The feeling of stress when you feel unprepared or knowledgeable

00:41:03 Oralia Kameny: Its physically debilitating...

00:41:06 Itati Alvarez: People with learning disabilities not feeling like they're achieving the best of their abilities

00:41:10 Mai Ebbets: Scared and not wanting to answer

00:41:11 adriana urena: math anxiety is a panic state of mind not knowing what to do and giving up on yourself

00:41:17 adriana urena: *and

00:41:19 Melissa Alvarez-Mejorado: stress and emotions related to testing

00:41:19 Karen Aguirre: if I get the answer wrong people will think im dumb

00:41:25 Linda Alvarez: being afraid to fail or be wrong

00:41:26 Heba Ghaly: I feel i am not understanding math, so i feel stress and avoiding math

00:41:48 Arsineh Gharabeg: Afraid of not knowing the right answer

00:42:14 Oralia Kameny: I create a mental barrier when I hear the word math

00:42:20 stephania covarrubias: I have considered I may even have a math learning impairment if there is such a thing

00:42:34 Arsineh Gharabeg: But I am working on it with some help

00:42:44 Marini Smith: Thank you all for sharing your ideas around math! It's so real.

00:42:52 Kathleen Dawson: I have both

00:43:58 Kathleen Dawson: we do math games to make math fun

00:44:27 Marini Smith: That's such a good point about perceptions of math ability versus actual ability.

00:44:48 Oralia Kameny: how do you get rid of it?

00:45:21 stephania covarrubias: Its nice to hear a math teacher say all these words, in high school I kept telling my teacher I needed help, and that I didn't understand. He told me I was lazy and failed me 😞

00:45:25 Marini Smith: Oralia, he is laying the foundation before giving strategies to remove math anxiety.

00:45:46 Marini Smith: I'm sorry you experienced that, Stephanie!

00:46:04 stephania covarrubias: Thank you!

00:46:08 Marini Smith: Love the concept of "productive struggle"!

00:48:08 mercedes fuentes: agree... my teacher wants to make sure we know the concept

00:48:17 adriana urena: I agree

00:48:52 Cynthia Montiel: My kids' high school teacher give them just credit or no credit, he compares math to sports for example, show up and practice (HW) everyday, and play a

great game (test)

00:48:53 Marini Smith: I think we are starting to move away from traditional grading to "ungrading" and grading for equity. But it is a paradigm shift and change is hard.

00:49:27 Marini Smith: That's a great approach to math and analogy, Cynthia!

00:49:56 Cynthia Montiel: It completely helped my own kids

00:50:07 mercedes fuentes: yes!!! this is why im succeeding in my class she takes this approach

00:51:44 Kathleen Dawson: This is where the word YET can come in. I can't do it YET

00:52:08 Marini Smith: YET can be a very powerful word, indeed.

00:53:29 Arsineh Gharabeg: Yes the way we present it it's essential

00:54:00 Jennifer Lee: yes

00:54:10 Marini Smith: Will the recordings be posted on the teachlarc.org website, or a different one?

00:54:17 adriana urena: Treat people with kindness, always treat them how you want to be treated with respect

00:54:19 Keao Tano: <http://brightmorningteam.com/wp-content/uploads/2017/09/Core-Values.pdf>

00:56:20 Arsineh Gharabeg: Growth mindset is really important

00:57:13 adriana urena: Thank you!

00:57:22 Rosa Rodriguez: Any resources or books that can help with Math strategies

00:57:34 Skyler Naimy: Thank you!! I loved your ending statement!

00:57:41 Marini Smith: @Arsineh- it really is! I am so glad schools are teaching growth mindset early.

00:58:10 adriana urena: yes @rosa, I would like to ask that same question as well

00:58:20 Arsineh Gharabeg: Yes I wish they would have taught us at a younger age

00:58:50 stephania covarrubias: Is their such a thing as a math learning disability?

00:59:14 Kathleen Dawson: teach math with child's interest in mind. That will help them understand it better

00:59:54 Kathleen Dawson: I work in SDC class and incorporating their interest makes them want to learn

00:59:59 Marini Smith: @Stephanie- dyscalculia is one such disability with mathematics.

01:00:34 Oralia Kameny: When I hear this type of presentations I feel so hopeful about math and then I attempt to do it and all the negative feelings return. Do you have a schools-teachers you can recommend to teach people with great anxiety about math?

01:00:40 stephania covarrubias: Thank you for that response

01:00:58 Rosa Rodriguez: Any resources or books that can help with Math strategies?

01:01:16 Keao Tano: keaotano@ccusd.org

01:02:52 Marini Smith: Facebook Group: Standards-Based Grading

01:03:44 Marini Smith: Ken O'Connor's 15 Fixes:

01:03:45 Marini Smith: https://www.cosa.k12.or.us/sites/default/files/materials/events/debbie_connolly5.pdf

01:04:15 Jennifer Lee: Thank you so much Mariani!

01:04:32 Marini Smith: 😊

01:05:25 Marini Smith: Here is a great resource for early math:

01:05:55 Marini Smith: <https://dreme.stanford.edu/>

01:09:05 Marini Smith: <https://dreme.stanford.edu/>

01:09:31 April Escobar: what is your advice for future educators who struggled with math in the past?

01:10:22 Rosa Rodriguez: Thank you

01:10:26 stephania covarrubias: I personally agree with Tulia. My kids also hesitate in math when they don't understand, being that I have always struggled with math I tell them that its ok to fail because they need to fail in order to learn and have them get help by family members who have successfully gotten through math so they can learn to love it vs being afraid of math like me. And tuen that into a positive experience.

01:11:22 Rosa Rodriguez: my son shuts down in class when the teacher times him or pushes him

01:11:48 Marini Smith: Such a great point, Dr. Tano!

01:12:41 Marini Smith: The recordings can be found at the TEACH LARC YouTube link:

01:12:42 Marini Smith: https://www.youtube.com/channel/UCy_gYBqkd4PikdhLo8cPjmg

01:12:55 Haihua Chen: Wonderful experience that failed math person can be a math teacher. Never thought about it.

01:13:07 Tulia Gonzalez: Could we as future educators have some kind of sites we can refer parents so they can help their kids with their homework?

01:13:25 Arsineh Gharabeg: Yeah my son is like that but I always say focus on what you know and we will practice more on the ones you don't get

01:13:40 Marini Smith: https://www.youtube.com/channel/UCy_gYBqkd4PikdhLo8cPjmg

01:13:50 Arsineh Gharabeg: I make sure to encourage him and give positive feed backs on the ones he gets right

01:14:13 Melissa Alvarez-Mejorado: thanks so much

01:14:15 Keao Tano: keaotano@ccusd.org

01:14:18 Haihua Chen: Thank you!

01:14:20 Jeremy Ramos: thank you

01:14:20 Maria Guadalupe Kwan: thanks for the workshop..

01:14:22 Arsineh Gharabeg: Thanks you so much

01:14:24 April Escobar: thank you so much. enjoyed your session

01:14:29 Rosa Rodriguez: Thank you,
01:14:29 stephania covarrubias: Thank you for giving me hope that I may one day understand math
01:14:31 Sandy Pech: Thank you everyone!
01:14:32 Emma Moreno: Thank you for these important advices. Math is wonderful with that love!
01:14:32 Arsineh Gharabeg: It was helpful
01:14:33 Catalina Stewart: Thank you for this!
01:14:34 April Escobar: you inspired me
01:14:36 Tulia Gonzalez: thank you
01:14:38 Skyler Naimy: Thank you!!
01:14:39 Jennifer Lima Ruiz: THANK YOU
01:14:39 April Escobar: thank you
01:14:44 mercedes fuentes: thank you for your time
01:14:45 Carol Sigala: Thank you so much!
01:14:52 Jennifer Lee: Thank you so much Dr. Tano & Marini for an amazing session! Very purposeful!!