



# MATH MENTALITY

# WORKSHOP

**PRESENTED BY THE  
STEM META MAJOR TEAM**

Together, we'll explore strategies to overcome math anxiety, build confidence, and develop the right habits to succeed in your math courses.

This workshop will cover:

- Study tips and time management tailored for STEM courses
- How to use campus resources like tutoring and office hours effectively

Presented by:

**SUSANA ACOSTA**

Math Faculty

**ANA FERNANDEZ**

STEM/MESA Counselor



**Thursday**  
**October 16, 2025**  
**11a - 12p**



**via ZOOM**  
**Scan QR**  
**Code to**  
**Register**



**STEM**  
Science, Technology,  
Engineering &  
Mathematics



**El Camino College**  
Counseling & Student Success

**Whether you're just starting your math journey or looking to level up, this workshop will help you approach math with confidence and the tools to succeed**