

To start class today ...

... please go to <https://eval.ctlt.ubc.ca/science> (CoursEval) and complete your course evaluation for MATH 101. Your feedback, especially **your written comments**, makes a difference!

- We get to learn what we're doing right so we can keep doing it—and also get your ideas for improvements to how we teach this course, especially such a large section.
- The Mathematics Department and Faculty of Science learn what concerns you have about their instructors—and also wants to hear when instructors do a great job.
- Comments on the course content itself can help shape and improve the curriculum for future years. (For example, feel free to comment on whether and how you used the CLP notes, Piazza, and/or other sources listed on the “helpful resources” web page.)

If you can't complete the course evaluation now, you have until Sunday to do so.

Announcements

Your graded Quiz #5 is now available online

- Regrade request deadline: Wednesday in class, or Thursday in office hours (see web page for instructions)

WeBWorK #12 is now open

- Due Wednesday at 9pm
- Covers material from “Unit 12”—see syllabus web page

Practice final exam posted Wednesday or Thursday

- Strong recommendation: **take it under exam conditions**
- Solutions posted Tuesday, April 18

Final exam: Friday, April 21 at noon

- For our section: Osborne gym

Monday, April 3

Today and Wednesday in class: review

- Suggest problems for review! Comment on Piazza post
- We'll also talk more about the final exam on Wednesday

Remaining office hours (posted on our section web page)

- Wed Apr 5, 11:00 am–12:30 pm, room IBLC 157 (Irving K. Barber Learning Centre)
 - Thu Apr 6, 1:30–3:00 pm, room MATH 212 (Mathematics Building)
 - Wed Apr 12, 11:00 am–12:30 pm, room IBLC 185
 - Thu Apr 13, 1:30–3:00 pm, room MATH 212
 - Tue Apr 18, 1:30–3:00 pm, room MATH 212
 - Wed Apr 19, 11:00 am–12:30 pm, room IBLC 185
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- Piazza will be active right up until the final exam
 - Look at "Helpful resources" web page on course web site

Monday, April 3

“More than Math Mondays”

Monday, April 3

If your good friend said “MATH 101 is hard sometimes”

- You would **never** say:
 - You're no good at math.
 - You never know how to do the problems.
 - I think you're just stupid.
 - You're going to fail.

If your good friend said “I worry about how I look”

- You would **never** say:
 - You're just not attractive.
 - You should be in better shape, what's wrong with you?
 - Nobody's going to want to be with you—like, ever.

If your good friend said “I feel overwhelmed with things”

- You would **never** say:
 - You're not good enough.
 - You need to be perfect.
 - You should be ashamed of yourself.

So when we think “MATH 101 is hard sometimes”

- Why would we **ever** say to ourselves:
 - I'm no good at math.
 - I never know how to do the problems.
 - I think I'm just stupid.
 - I'm going to fail.

So when we think “I worry about how I look”

- Why would we **ever** say to ourselves:
 - I'm just not attractive.
 - I should be in better shape, what's wrong with me?
 - Nobody's going to want to be with me—like, ever.

So when we think “I feel overwhelmed with things”

- Why would we **ever** say to ourselves:
 - I'm not good enough.
 - I need to be perfect.
 - I should be ashamed of myself.

Monday, April 3

Don't

Don't say anything to yourself that you wouldn't ever say to a good friend of yours.

Do

Continue to get better at listening to what you say to yourself, so you can shape that narrative.

Don't

Don't imagine you have to be perfect and succeed perfectly at everything. That's not a thing. Nobody will ever be perfect, and we all fail sometimes (and that's a scary thought).

Do

Do remember: **You are good enough, right now, "as is"**. And you always will be, because you'll always try your best.