

REMEMBER that millions of students for hundreds of years have done well in the course. Certainly YOU are smarter and more capable than many of them. Take a breath.

STOP telling yourself that you can't get it...if you say it often enough, you'll start to believe it and it will be true.

ASK questions, get help. Don't panic. Worrying about it won't help anything. If you are confused and frustrated and don't have access to a tutor or teacher right then, put it away. Watch TV for a while. Have a Coke.

This is critical: NEVER, never say, "Ok." or "I see." or "I get it." to a teacher or tutor unless you are absolutely sure you understand. They are there to help you understand...don't lie to yourself or them.

Try not to spend hours at a time doing problems...give yourself a break. Calculus is best learned in small doses...small, frequent doses.

It'll take work, but it is doable...you CAN do it.