

# Mind For Numbers: Unlocking the Secrets of Mathematical Fluency

## The Number Path

A Fabulous Tool for Kindergarten & 1<sup>st</sup> Grade Math!

1	2	3	4	5	6	7	8	9	10
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Name: \_\_\_\_\_

Tim made 4 baskets. Jill made 5 baskets. How many baskets did they make in all?

Sketch:

Ten Frame:

Number Path:

Equation:

Answer:

They made \_\_\_\_\_ baskets in all.

Bonus: Each basket is worth 2 points. How many points did Tim make? How many points did Jill make?

Pete the Pirate found 5 gold coins on Monday. He looked for coins on Tuesday, but did not find any. How many coins does Pete the Pirate have now?

Sketch:

Ten Frame:

Number Path:

Equation:

Answer:

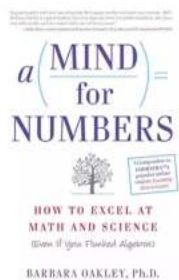
Pete the Pirate has \_\_\_\_\_ coins now.

Have you ever found yourself struggling with a complex math problem, feeling defeated and frustrated? Mathematics can be a challenging subject for many individuals, but what if there was a way to unlock your mind's potential for numbers?

## The Power of a Numeric Mind

Introducing Mind For Numbers, a groundbreaking approach to developing a deep understanding and fluency in mathematics. Based on years of

research and neuroscience, this unique method helps individuals, young and old, unlock their natural ability to think with numbers.



## A Mind For Numbers: How to Excel at Math and Science (Even If You Flunked Algebra)

by Small Footprint Press(Kindle Edition)



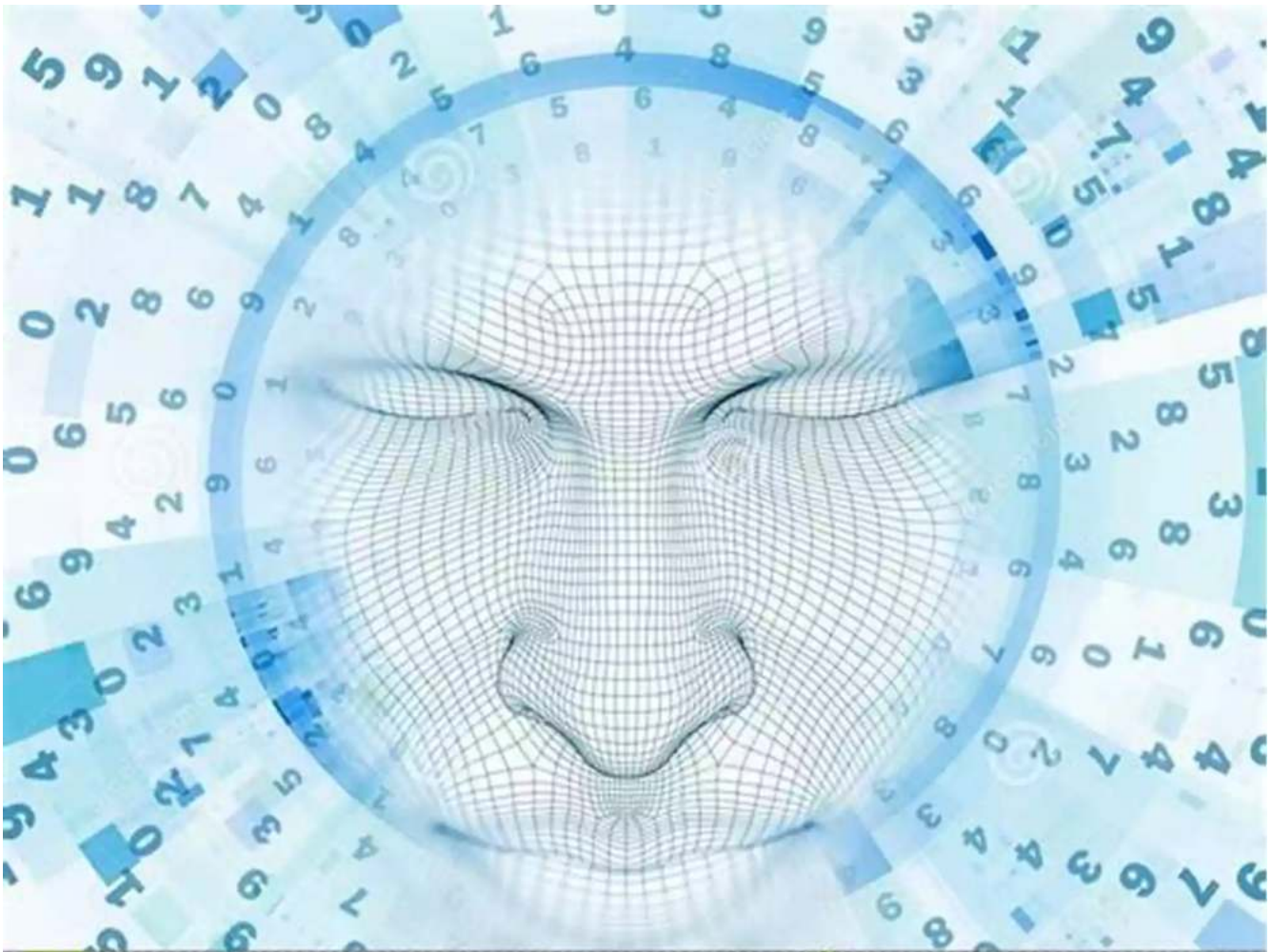
4.6 out of 5

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## What is Mind For Numbers?

Mind For Numbers is a comprehensive program designed to teach individuals the foundational principles and strategies to become proficient in mathematics. Unlike traditional teaching methods that focus on rote memorization, this program emphasizes conceptual understanding and critical thinking.

By nurturing a growth mindset and fostering a love for math, Mind For Numbers empowers learners to overcome their math anxiety and develop

the confidence needed to tackle even the most challenging mathematical problems.

## **The Science Behind Mind For Numbers**

Mind For Numbers is based on the research of Dr. Barbara Oakley, a Professor of Engineering at Oakland University and co-creator of the world-renowned online course "Learning How to Learn." Dr. Oakley's studies have revealed that anyone can develop a mathematical mindset by harnessing the power of focused and deliberate practice.

Through her research, Dr. Oakley discovered that the brain has the astonishing ability to rewire itself and develop new neural pathways, even in adulthood. This phenomenon is known as neuroplasticity, and it forms the foundation of Mind For Numbers' methodology.

## **The Four Pillars of Mind For Numbers**

### **1. Understanding the Fundamentals**

In order to build a strong mathematical foundation, Mind For Numbers emphasizes the importance of understanding the underlying principles and concepts of mathematics. Whether you're a beginner or an advanced learner, this program takes you back to basics, ensuring you have a solid understanding of key mathematical ideas.

### **2. Developing Problem-Solving Skills**

Mind For Numbers provides learners with a wide array of problem-solving strategies and techniques. By exposing individuals to various mathematical puzzles and challenges, this program sharpens critical thinking and analytical skills.

### **3. Emphasizing Visualization and Spatial Reasoning**

Visualization is a crucial skill in mathematics, allowing individuals to visualize abstract concepts and relationships. Mind For Numbers incorporates visual representations and spatial reasoning exercises to enhance mathematical intuition and understanding.

### **4. Applying Concepts in Real-Life Scenarios**

Mind For Numbers doesn't limit the learning experience to theoretical problems. By applying mathematical concepts to real-life situations, this program encourages learners to see the practical applications of math in everyday life, fostering a deeper appreciation for the subject.

### **Who Can Benefit from Mind For Numbers?**

Mind For Numbers is a program suitable for individuals of all ages, from students struggling with math in school to professionals aiming to enhance their analytical skills. Whether you're preparing for a standardized test, embarking on a STEM career, or simply want to improve your mathematical fluency, this program has something to offer.

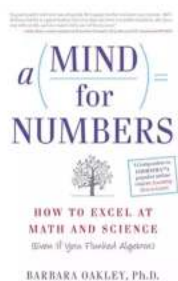
Even if you've always considered yourself "bad with numbers," Mind For Numbers can help you break free from those self-imposed constraints and discover the joy of mathematics.

### **Unlock Your Mathematical Potential Today!**

Are you ready to embrace your inner mathematician? Unlock the secrets of mathematical fluency with Mind For Numbers and unleash your cognitive potential. Say goodbye to math anxiety and hello to a new world of numerical mastery!

Click here to sign up for the Mind For Numbers program and join thousands of individuals who have already transformed their relationship with mathematics.

Disclaimer: The views and opinions expressed in this article are those of the author and do not necessarily reflect the official policy or position of Mind For Numbers.



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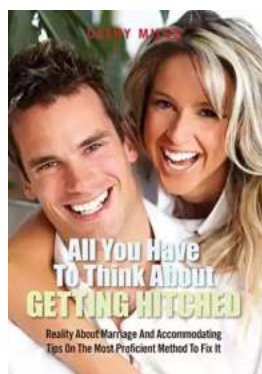
The companion book to COURSERA®'s wildly popular massive open online course "Learning How to Learn"

Whether you are a student struggling to fulfill a math or science requirement, or you are embarking on a career change that requires a new skill set, A Mind for Numbers offers the tools you need to get a better grasp of that intimidating material. Engineering professor Barbara Oakley knows firsthand how it feels to struggle with math. She flunked her way through



high school math and science courses, before enlisting in the army immediately after graduation. When she saw how her lack of mathematical and technical savvy severely limited her options—both to rise in the military and to explore other careers—she returned to school with a newfound determination to re-tool her brain to master the very subjects that had given her so much trouble throughout her entire life.

In *A Mind for Numbers*, Dr. Oakley lets us in on the secrets to learning effectively—secrets that even dedicated and successful students wish they'd known earlier. Contrary to popular belief, math requires creative, as well as analytical, thinking. Most people think that there's only one way to do a problem, when in actuality, there are often a number of different solutions—you just need the creativity to see them. For example, there are more than three hundred different known proofs of the Pythagorean Theorem. In short, studying a problem in a laser-focused way until you reach a solution is not an effective way to learn. Rather, it involves taking the time to step away from a problem and allow the more relaxed and creative part of the brain to take over. The learning strategies in this book apply not only to math and science, but to any subject in which we struggle. We all have what it takes to excel in areas that don't seem to come naturally to us at first, and learning them does not have to be as painful as we might think.



## **The Ultimate Guide: All You Have To Think About Getting Hitched**

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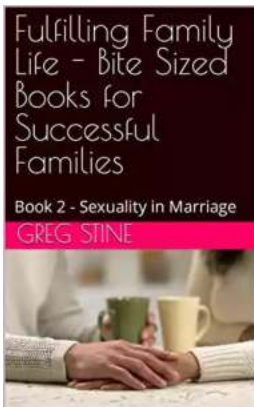
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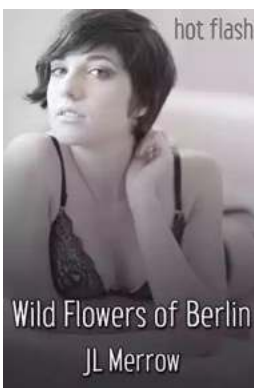
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