

*How to hold it together when you're falling apart, discouraged, fed up, frustrated, annoyed, angry, sad, feeling inferior or incompetent, looking for a way out, in denial, or ready to quit...*

1.     DON'T GIVE UP!  
Anything worth having will be hard sometimes. (Some people say that the harder you have to work for it, the more valuable it is.) It's NORMAL to get discouraged sometimes. Stick with it. Persevere. Hang in there. You've made it this far, and you CAN do it.
2.     REMEMBER THE POSITIVE.  
You know a bunch of math. You know a lot of stuff! (Sometimes you're overwhelmed because you know so much stuff that you're getting one type of problem confused with another type of problem, and you just need to sort them out more clearly.)  
You've gotten this far because you CAN do it.
3.     COME TO CLASS.  
Don't skip because you're tired or overwhelmed - you'll just be more tired, more overwhelmed, and more behind when you come back. And then it will be even harder to stay with it.
4.     CALL A FRIEND.  
Work together on the homework or studying. Just having someone else care makes a difference. And having someone else personally invested in whether you show up and try will make it easier for you to do just that: show up and try.
5.     GO TO THE MATH/SCIENCE CENTER (Room 426), or MESA (Room 395)  
Work at the tables- alone or with your friend - and ask the tutor for help when you get stuck. A tutor is always there when they're open.
6.     DO YOUR HOMEWORK.  
Put stars by the problems you don't get, then ask a tutor, classmate, or the instructor about it.
7.     GO TO OFFICE HOURS, or SEE A TUTOR AT THE ASC (Room 420)  
Get some one-on-one help from the instructor or a tutor for your particular circumstances. Maybe there's an easier way to see through the difficulty you're having.
8.     REMEMBER WHY YOU'RE DOING THIS.  
What is your goal? Why do you need this class? If the goal is worth it, then it's worth doing it NOW, and getting yourself one semester and one class closer to your goal.
9.     TAKE CARE OF YOURSELF.  
Get enough sleep. Eat good, nourishing foods. Take 2 minutes to close your eyes, relax, and breathe slowly and deeply. Stretch. Go to the gym.
10.    PLAN YOUR TIME AND REWARD YOURSELF.  
Make a little deal with yourself, and hold to it: "I will go to class and then I'll have lunch with my friend". Or, "I will work on my homework for one hour, and then I'll walk to the beach for half an hour before work." Share your plan with your friends and family and get them to support and help you keep to that plan.