

Everyday maths: From zero to hero

NARRATOR:

It's never too late to learn more maths. Every year thousands of people start Open University mathematics courses at all levels.

When Liz started, she wasn't confident with numbers. She'd been afraid to catch the bus her whole life. She couldn't give the correct coins for the ticket.

Technology like tap and go has really helped people like Liz. But she still wanted to overcome the anxiety, to understand more mathematics in everyday life.

When Liz turned 60, she thought "Go for it, what have you got to lose?"

When learning school level maths again Liz remembered being 12 and at the swimming pool, climbing to the highest diving board and peering over the edge.

"Studying maths again feels like I have pinched my nose and jumped. Hope it doesn't all end in a massive belly flop!"

Studying at your own pace, you don't have to sink or swim. Look for courses that start at your level. Then move beyond your comfort zone.

A good course will show you new ways of doing problems. Introduce new ways of thinking more mathematically. It will show you how to break a problem down into manageable pieces.

Studying isn't a race. Take your time. Attempt each part calmly. If you get stuck, take a break. Coming back with a fresh perspective can help see the problem differently. Talking about your maths with someone often helps.

Liz is studying maths after three years. It still doesn't feel instinctive, but she's enjoying it more.

She's worked on the basics and no longer fears algebra and longer problems. She used to think they were beyond her. Now she knows this is the level she needs to be working at to move forward.

To start your maths success story and learn at your own pace, sign up for our free Everyday Maths Northern Ireland courses on OpenLearn today.