

# BECOMING GOOD AT MENTAL MATH

## SIMPLE TECHNIQUES TO CALCULATE QUICKLY AND WITHOUT STRESS

**For anyone who wants to improve their mental calculation in daily life**

Master mental math techniques to calculate faster than a calculator in everyday situations

<b>Duration</b> : 2 hours	<b>Modules</b> : 3 modules
<b>Lessons</b> : 12 lessons	<b>Audience</b> : Adults, all levels
<b>Format</b> : 100% online, asynchronous	<b>Provider</b> : N° 11757351875
<b>Certification</b> : Qualiopi	<b>Price</b> : On request

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### Course description

This 2-hour training is designed for anyone who wants to improve their mental calculation skills in daily life, with no specific mathematical prerequisites. You will learn the most effective and easiest techniques to remember for adding, subtracting, multiplying, and dividing faster than a calculator in everyday situations. The training is based on practical tips, progressive exercises, and concrete situations such as grocery shopping, splitting a bill, or calculating a percentage discount. At the end of the training, each participant will have a mental toolbox to gain ease, speed, and confidence when dealing with numbers.

### Module summary

<b>MODULE 1</b>	Regaining Confidence with Numbers — The Basics That Change Everything	4 lessons
<b>MODULE 2</b>	Clever techniques to calculate faster than a calculator	4 lessons
<b>MODULE 3</b>	Apply mental calculation in real life — practical cases	4 lessons

### Learning objectives

#### Learning objectives

- Overcome limiting beliefs and regain confidence with numbers
- Master foundational mental calculation techniques (addition tables, multiplication, complements)
- Apply clever shortcuts for fast multiplication, division, and percentages
- Use mental math in everyday situations: shopping, restaurants, work, and administration
- Develop a personalized training plan for continuous improvement

### General information

<b>Duration</b>	2 hours
<b>Target audience</b>	Adults seeking to improve their mental calculation skills in daily life, all levels welcome
<b>Prerequisites</b>	None, training accessible to all adults
<b>Price</b>	Sur devis - TVA non applicable (article 261-4-4° du CGI)
<b>Certification</b>	Qualiopi - Attestation de fin de formation
<b>Training organization</b>	DYNSEO - N° de déclaration d'activité : 11757351875

**MODULE 1****Regaining Confidence with Numbers — The Basics That Change Everything**

4 lessons

**Lesson 1 - Why We Get Stuck with Mental Calculation — Debunking Common Misconceptions**

- Common limiting beliefs: "I'm bad at math", "You have to have a knack for math"
- The role of school and bad memories associated with stress
- Mental calculation is a learnable skill at any age, not a gift
- Daily benefits: saving time, avoiding mistakes, stimulating memory

**Lesson 2 - The Pillars of Mental Calculation — What to Automate as a Priority**

- Addition tables up to 20: the foundation for everything else
- Multiplication tables: filling frequent gaps (7x8, 6x9)
- Complements to 10 and 100: the most profitable skill for quick calculations
- Doubles and halves: a universal shortcut for multiplication and division

**Lesson 3 - Understanding how the brain calculates**

- The difference between written and mental calculation techniques
- The role of working memory: why we lose track on multi-step calculations
- Decomposition strategies: why calculating from left to right works better
- The importance of visualization: picturing numbers to manipulate them better

**Lesson 4 - Training effectively without getting discouraged**

- The 10-minute-a-day rule: consistency beats intensity
- Apps and games to improve while having fun
- Measuring progress through small personal challenges
- Staying motivated: turning mental math into a pleasurable reflex

**MODULE 2****Clever techniques to calculate faster than a calculator**

4 lessons

**Lesson 1 - Add and subtract like a pro**

- Compensated rounding: transforming  $47+38$  into  $50+35$
- Adding from left to right: the natural method schools don't teach
- Subtracting by complement: calculating  $100-37$  by thinking "how much to reach 100"
- Chain additions: grouping numbers that fit perfectly together

**Lesson 2 - Multiply without a table or calculator**

- Multiply by 9 using the finger technique and "times 10 minus 1"
- Multiply by 11 in one second: the number that spreads apart
- Multiply by 5, 25, 50: go through division by 2 and multiplication by 10
- The squares of numbers ending in 5: an impressive trick

**Lesson 3 - Divide and Estimate Quickly**

- Divide by 2, 4, 8: the technique of successive halves
- Estimate a result: knowing if an answer is plausible before calculating
- The divisibility rules: spotting at a glance if a number is divisible by 2, 3, 5, 9
- Simplify before calculating: avoiding unnecessary calculations

**Lesson 4 - Percentages in Everyday Life**

- Calculate 10% and 1%: the basis of all percentage calculations
- Sales at -30%, 15% tip, 20% VAT: everyday situations
- The inversion technique: why 18% of 50 is easier as 50% of 18
- Estimate an increase or reduction without precise calculation

**MODULE 3****Apply mental calculation in real life — practical cases**

4 lessons

**Lesson 1 - At the supermarket and in shops**

- Keep a running total of your shopping to avoid checkout surprises
- Compare products: price per kilo, real good deal or false promotion

- Calculate a discount: "15% off 89€" in a few seconds
- Quickly check your change using the complement technique

### **Lesson 2 - At the restaurant and with friends**

- Share the bill fairly among 3, 4, 5, or 6 people
- Calculate the tip without a calculator: 10%, 15%, 20% in a flash
- Quickly convert currencies while traveling: euros, pounds, dollars
- Estimate a party or vacation budget without overthinking

### **Lesson 3 - At Work and in Administrative Procedures**

- Calculate a deadline, duration, due date: count in days, weeks, months
- Check an invoice or quote: spot errors without recalculating everything
- Estimate a budget, ratio, or margin: everyday professional calculations
- Prepare presentations with figures: provide credible orders of magnitude

### **Lesson 4 - Assessment and Personal Training Plan**

- Final quiz: 20 varied calculations to measure progress
- Identify your 3 favorite techniques to use daily
- A 30-day training plan: short, progressive exercises tailored to your level
- Go further: resources to continue progressing after the training

## **Teaching methods**

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- Online training accessible 24/7 from any device
- Progressive exercises and practical situations from daily life
- Interactive quizzes to measure progress throughout the training
- Downloadable resources: technique sheets and personal training plan
- Certificate of completion issued at the end of training