



MATH AND MINDSET FOR THE COMPETITION AND BEYOND

This webinar is taking place within the cadre of CMS' [Closing the Gap Initiative](#) for Black and Indigenous Students. Math is notorious for being one of the most stressful subjects, even more so when writing a competition. During the free online and interactive webinar Christopher Mahadeo will discuss strategies to help reduce stress and anxiety. These ideas will be applicable both inside and outside of the competition setting.

When: Wednesday, Oct. 20, 2020, 6:30 EDT

Registration: Register [here](#) and we will send you the Zoom information closer to the date of the event.

Christopher Mahadeo is a PhD candidate in mathematics at the University of Saskatchewan. He finished in Bachelor's and Master's degree from the University of Toronto. Growing up in Toronto, he participated in several math contests throughout elementary and high school. When he is not doing research or teaching he likes to play board games and practice his swing dancing moves.



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Closing the Gap Initiative has been made possible with the financial support of [#RBCFutureLaunch](#) and the [Canadian Actuarial Foundation](#)
For more information please contact zlak@cms.math.ca.