**Mental Mathematics**

Mental math is when **c**alculations are done in a student's head without the use of a pencil and paper, or other aids. Mental math is often used as a way to calculate and estimate quickly, using math facts, and strategies that a student has committed to memory. Mental math is all about the efficient use of strategies to solve problems quickly. Solving problem quickly without the use of pencil and paper is an important life skill. As adults, we do a lot of math in our heads! Most people estimate in their heads at the grocery store, fast food restaurants or department stores. Very few of us take out a pencil and paper to solve problems we might have. We are able to do this because of many years of practice   
doing mental math in real life situations. For more information on mental math strategies see the article by Ray Appel posted in the article section of the P.A.T.T. Math webpage.