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The Incorporation of Math in the World Around Me

In my daily life there are numerous occasions where math skills are needed and applied. Everyone uses math and applies those skills in their lives in one-way or another. Math surrounds us daily, not only do we use it to problem solve but math is incorporated into making and operating the technology that we use such as smart phones, computers, appliances and cars just to name a few. Some math skills are natural and we may not even be aware that we are using them in our day-to-day lives. In many situations I implement the use of problem solving, estimation, addition, and subtraction skills.

A great deal of my time at home is spent in the kitchen preparing meals and measuring ingredients. I use mathematical skills to approximate cooking times for meals. To ensure that I get my family ready for their day is dependent on estimation and calculation skills. Ensuring that my son is up and ready to make it to school at the appropriate time is based on scheduling of time. There are many occasions while driving I use reasoning skills such as rerouting due to traffic. In some cases, I must refrain from going our usual route due to traffic issues and I have to use a reasonable alternative route to keep from being held up in traffic and being late. Shopping is another aspect of my life where I use mathematical skills. In some cases, I am using those skills in determining the better value for my money while grocery shopping or determining if it is better to use the percent off coupon or the dollar amount off coupon while shopping at department stores. While doing home re-modeling calculations for the amount of tile needed per square foot I applied estimation to determine how many more tiles are needed for waste, breaks, and cuts. Finances and being able to adhere to the set budget is of the upmost importance and in order to maintain those I use mathematical skills such as addition and subtraction. I must detail every automatic transfer, deduction, and deposit ensuring that my ledger balances match my financial institution records. I am very health conscious. I adhere to a dietary and exercise regime and use a health journal to track my calorie intake and daily workouts. I make notes of my calories consumed and calculate my calories burned during my workouts that consist of biking, circuit training and running.

The incorporation of math in the world around me is very apparent in my daily life. Mathematics and mathematical skills are used in various ways and instances throughout my day. For instance, I can estimate how much sleep I will get based on what time I go to bed and what time I set my alarm to go off. I use mathematical skills such as measurements and approximations while preparing meals. The creation and operation of some of the most innovative technology such as smart phones, computers, and smart watches are made possible because of applied mathematics. Almost every aspect of our lives involves the use of mathematical skills and with the growth of mathematical based technology our lives will continue to do so for future generations.