TEAS Math: Conversions & Formulas

These are the essentials! Memorizing dozens of useless conversions and geometry formulas for shapes or objects you won't see on the TEAS math portion is unnecessary. Below are the most common conversions and geometry formulas you should know to tackle the math portion of the TEAS exam.

Put it all to practice!

Additional free + premium TEAS Math resources are available at ***app.bcraftmath.com***.

Free TEAS Math Practice Test

Full practice test with video solutions for every question.

TEAS Math QBank

Nearly 200 questions with individual video solutions for each question.

TEAS Math Workbook

Over 1000 problems covering every possible topic and question type that you could see on the math portion of the TEAS.

Infinite QBank

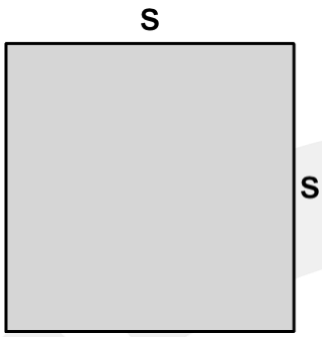
Generate an infinite number of TEAS Math practice questions.

Must-Know Conversions

If you are given a conversion in a problem, use that instead. Not all common conversions are exact.

Conversion	Meaning
5 mL = 1 tsp	5 milliliters equals 1 teaspoon. Common in nursing, but an approximation. If a problem gives something like 4.93mL=1tsp, use the given value.
1 L = 1000 mL	1 liter equals 1000 milliliters.
1 g = 1000 mg	1 gram equals 1000 milligrams.
1 kg = 1000 g	1 kilogram equals 1000 grams.
1 km = 1000 m	1 kilometer equals 1000 meters.
12 in = 1 ft	12 inches equals 1 foot.
3 ft = 1 yd	3 feet equals 1 yard.
36 in = 1 yd	36 inches equals 1 yard.
2.54 cm = 1 in	2.54 centimeters equals 1 inch.
16 oz = 1 lb	16 ounces equals 1 pound.
2.2 lbs = 1 kg	2.2 pounds equals 1 kilogram. Common in nursing, but an approximation.

Geometry Formulas



Square

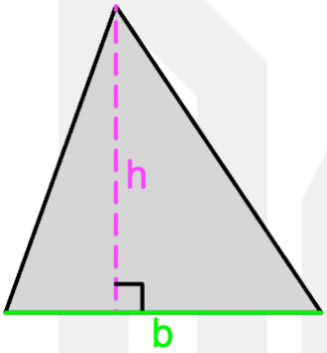
$A = s^2$

$P = 4s$

Rectangle

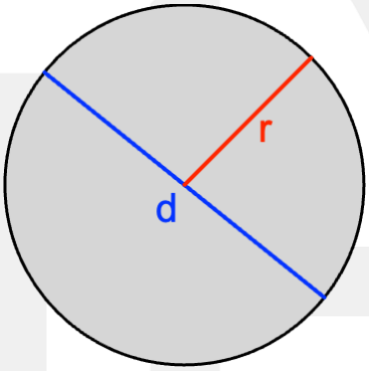
$A = lw$

$P = 2l + 2w$



Triangle

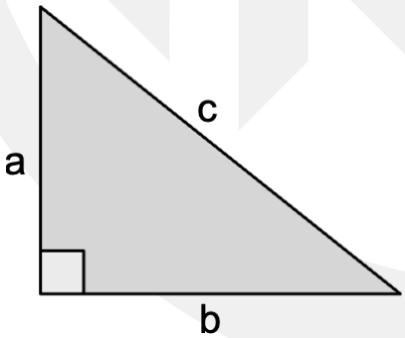
$A = \frac{1}{2}bh$



Circle

$A = \pi r^2$

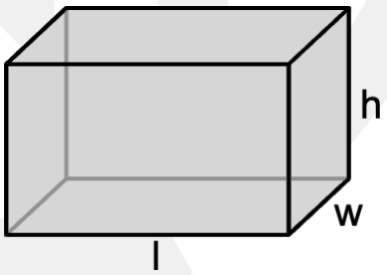
$C = \pi d$ or $C = 2\pi r$



Right Triangle

Pythagorean Theorem

$a^2 + b^2 = c^2$



Rectangular Prism

$V = lwh$