It is a well-known fact that students are coming to college ill-prepared in mathematics. Students spend twelve years learning mathematics in school, but when they start college it is obvious that most of them do not remember the basics in mathematics. In this paper we will present an Inquiry-based method which was given in a summer workshop for middle and high school mathematics teachers. In particular, we will discuss the activities at the workshop and how they would benefit students in learning mathematics. (Received September 21, 2009)