How to support academic success & growth mindset
Introduction

● Presenters

● What we will cover today
  ○ Why parents should get involved
  ○ Growth mindset
  ○ How to support academic success
  ○ When to seek outside help
  ○ Additional resources
Why should parents/guardians get involved?

- Parents/guardians are essential
- Students with involved parents report having:
  - Higher grades
  - Higher test scores
  - Enroll in higher level programs
  - Regularly attend school
  - Improved social skills
  - Higher graduation rates
  - More likely to pursue postsecondary education
GROWTH MINDSET
What is the Growth Mindset?

The belief that our intelligence is not fixed but can be developed through hard work.
Growth vs Fixed Mindset

**Growth Mindset**

- Failure is an opportunity to grow
- I can learn to do anything I want
- Challenges help me to grow
- My effort and attitude determine my abilities
- Feedback is constructive
- I am inspired by the success of others
- I like to try new things

**Fixed Mindset**

- Failure is the limit of my abilities
- I'm either good at it or I'm not
- My abilities are unchanging
- I don't like to be challenged
- I can either do it, or I can't
- My potential is predetermined
- When I'm frustrated, I give up
- Feedback and criticism are personal
- I stick to what I know
Teaching growth mindset
How to develop a growth mindset

What did you learn from today’s performance?
What steps did you take to make you successful today?
What are some different strategies you could have used?
I really appreciate the effort you used!
It’s okay to take risks, that how we learn.
You don’t have it yet, but keep thinking and working at it and I know you’ll get there.
PARENT TIPS
Setting the foundation through expectations

My expectations just get lower and lower.

That's great!

Eventually I'll be able to meet all of them!
Support your child
Home Structure
1. Does it benefit the whole family?

2. Will this matter in one year?
WHEN TO SEEK HELP
There is a dip in grades
You see a big change in behavior

My Emotions today:

Hannah Beth
Your child is failing classes
Who can you reach out to for help?

- School Counselors
- Teachers
- Academic Advisers
- School Psychologists
- Administrators
- Outside Counselors
- Student Tutors
- Friends
ADDITIONAL RESOURCES
Resources- Dinnertime, Stay Focused, & Freedom
Resources - ToDoist & My Homework Planner
Resources - Khan Academy & Quizlet
Resources - Google Drive
CONCLUSION
Big Picture
Questions?
THANK YOU FOR JOINING US!

CUSD Counselors at the 2016 showcase