

# How to help your child become an independent learner



Parent Workshop  
Wednesday 27<sup>th</sup> April

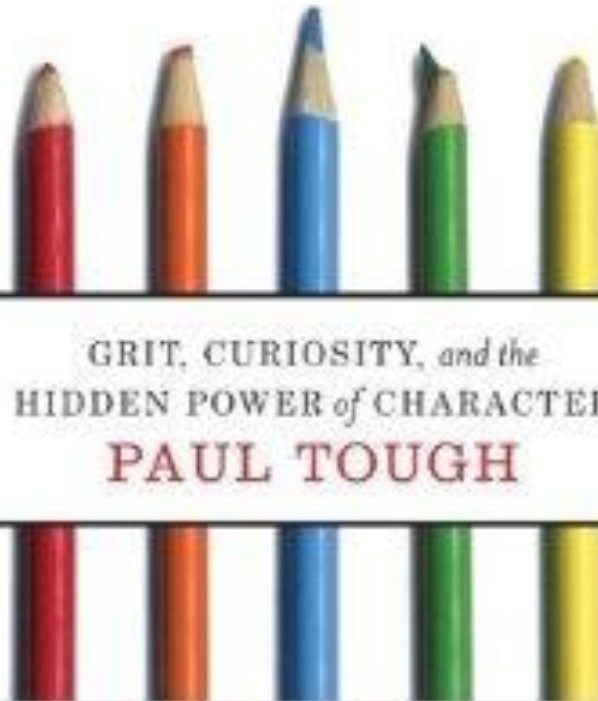
# What do we want for our children?

- To be happy
- To be confident
- To be successful
- To be kind
- To be good learners
- To be well-rounded
- To be able to cope with failure

"Powerful, clear-eyed, beautifully written . . . *How Children Succeed* will change the way you think about children." —ALEX KOTLOWITZ

NEW YORK TIMES BESTSELLER

*How*  
CHILDREN  
SUCCEED



GRIT, CURIOSITY, *and the*  
HIDDEN POWER of CHARACTER  
PAUL TOUGH

<https://www.youtube.com/watch?v=UcKEOXmfvlY>

# Growth Mindset – Carol Dweck



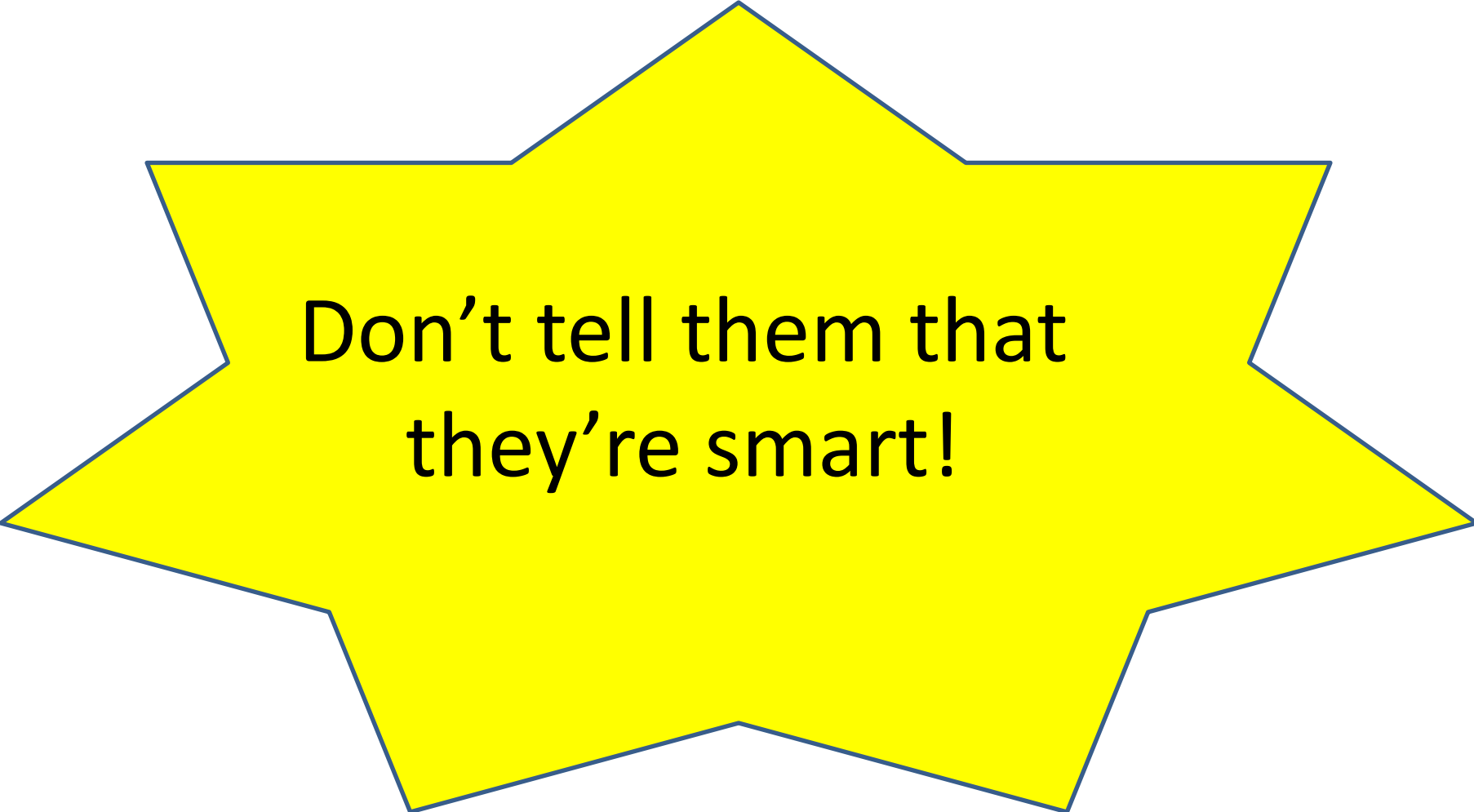
# How do we see ourselves as learners?

Fixed Mindset	Repercussions
My intelligence is a fixed trait – I have a certain amount of it and that's that.	I must look clever and, at all costs, not look stupid.
I feel clever when things are easy, where I put in little effort and I outperform my peers.	Effort, difficulty, setbacks or higher performing peers call my intelligence into question, even if I have high confidence in my intelligence, so I feel stupid.
I need easy successes to feel clever.	Challenges are a threat to my self-esteem, so I won't engage with them.
I don't want to have my inadequacies and errors revealed.	I will withdraw from valuable learning opportunities if I think this might happen.
Even if I'm doing well initially, I won't be able to cope with a problem or obstacle.	I readily disengage from tasks when obstacles occur.

# How do we see ourselves as learners?

Growth Mindset	Repercussions
Intelligence is something I can increase through my own efforts.	I am keen to work hard and learn as much as I can.
I acknowledge that there are differences between people in how much they know and how quickly they master things.	I believe that everyone, with effort and guidance can increase their intellectual abilities.
I love to learn something new.	I will readily sacrifice opportunities to look clever in favour of opportunities to learn something new.
I am excited by challenge.	Even if I have low confidence in my intelligence I throw myself into difficult tasks – and stick with them. I set myself goals and make sure I have strategies to reach them.
I feel clever when...	I am fully engaged with a new task, exerting effort to master something, stretching my skills and putting my knowledge to good use.

How do we help children to develop a growth mindset?



Don't tell them that they're smart!


<https://www.youtube.com/watch?v=YI9TVbAaI5s>

Genius is 1%  
inspiration and  
99% perspiration





# So how can parents help their children to build character?

- Optimism  Resilience
- Listening – “emotion coaching”
- Encouragement
- Interest
- Play
- Doing for others
- Pride