



*Mindset Matters*

## How To Help Your Child Succeed in School

By Adam J. Schwebach, Ph.D.

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## Truth In Advertisement Statement

- ❖ I am NOT a perfect parent
- ❖ Parenting is REALLY HARD!!
- ❖ Yes, the strategies we discuss WILL take more of your time
- ❖ Everything we talk about is “Easier Said Than Done.”
- ❖ Everything we discuss is doable!!!

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## Your Mindset Matters

- ❖ The view you adopt for yourself impacts the way you live your life
- ❖ Our attitude influences our behavior
- ❖ What kind of parent do you want to be???



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## The Mindset of Effective Parents

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- ❖ They understand the long term impact they have on their children
- ❖ They understand how their behavior influences their children
- ❖ They adapt their parenting style to match the needs of their child
- ❖ They see the world through the eyes of their child (i.e., empathy)

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Emotional Bank  
Account

Make Emotional Deposits

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## Make Emotional Deposits

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- ❖ The needs of your children come first
- ❖ Make emotional deposits NOT withdrawals
- ❖ Emotional deposits increase motivation
- ❖ Emotional deposits improve parent/child relationship and decrease problematic behavior

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## Control The Environment

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- ❖ Minimize Distractions
- ❖ Turn OFF Screens!!!
- ❖ Don't over-schedule
- ❖ Don't be a "Pansy Parent"



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# Your Child's Mindset Matters

- ❖ Growth Mindset vs. Fixed Mindset
- ❖ Carol Dweck....How to increase motivation

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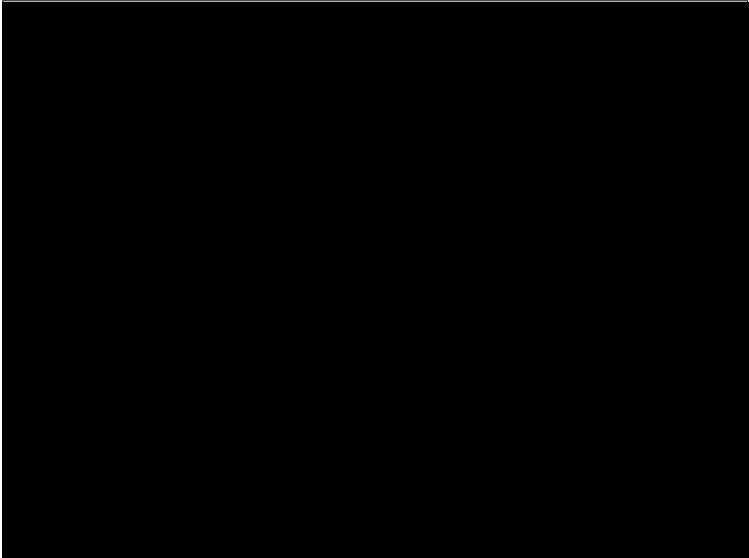
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# Your Child's Mindset Matters

## Growth Mindset

- ❖ Intelligence is fostered and can grow and change
- ❖ Obstacles are seen as challenges
- ❖ Mistakes are viewed as learning opportunities
- ❖ The focus is on the process (i.e., working hard)
- ❖ Challenges are faced with excitement

## Fixed Mindset

- ❖ Intelligence can't be changed
- ❖ Desire to look smart
- ❖ Focus is on the outcome (i.e., grades)
- ❖ Feel threatened by others success
- ❖ Are focused on being the best
- ❖ Give up easily

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## How to Foster a Growth Mindset

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- ❖ Don't be an "Executive Secretary" be your child's "Consultant" (study skills class vs. mindset class)
- ❖ Have high, but reasonable expectations
- ❖ Focus on "working hard behaviors"
- ❖ Remember, your children can do more than you give them credit for

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## Questions

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