



Mindset Matters

How To Help Your Child Succeed in School

By Adam J. Schwebach, Ph.D.

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!!!

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???





The Mindset of Effective Parents

- ❖ 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)



Emotional Bank Account

Make Emotional Deposits



Make Emotional Deposits

- ❖ 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

Control The Environment

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



Your Child's Mindset Matters

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



Your Child's Mindset Matters

Growth Mindset

Fixed Mindset

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| ❖ Intelligence is fostered and can grow and change | ❖ Intelligence can't be changed |
| ❖ Obstacles are seen as challenges | ❖ Desire to look smart |
| ❖ Mistakes are viewed as learning opportunities | ❖ Focus is on the outcome (i.e., grades) |
| ❖ The focus is on the process (i.e., working hard) | ❖ Feel threatened by others success |
| ❖ Challenges are faced with excitement | ❖ Are focused on being the best |
| | ❖ Give up easily |

How to Foster a Growth Mindset

- ❖ 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

Questions

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