

SPS Math Newsletter

Family Edition

Winter 2019

Happy New Year!

Welcome to the first edition of Stonington Public School's Math Newsletter for families. We will be sharing resources and tips for parents to not only assist their children but to also build a positive math community in all of our schools.

This month's newsletter will focus on Growth Mindset and Math Anxiety/Trauma. Many of us may have had math moments where we felt we were not "good" at math. Perhaps you had a teacher or parent say something to you that "stuck" and caused you to believe that you were not a "math person". Inside this edition you will find articles and videos that explain Growth Mindset and Math Anxiety. But most importantly, resources for families to build a Growth Mindset and alleviate Math Anxiety.

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Mathematical Mindset

You have probably heard people say they are just bad at math, or perhaps you yourself feel like you are not "a math person." Not so, says Stanford mathematics education professor Jo Boaler, who shares the brain research showing that with the right teaching and messages, we can all be good at math. Not only that, our brains operate differently when we believe in ourselves. Boaler gives hope to the the mathematically fearful or challenged, shows a pathway to success, and brings into question the very basics of how our teachers approach what should be a rewarding experience for all children and adults. (taken from TEDx Talks, May 22, 2016)



Jo has teamed up with Carol Dweck to write [Mathematical Mindset](#). This TEDxStanford talk "[How you can be good at math, and other surprising facts about learning](#)", focuses on the

messages we send to our students about learning math.

Growth Mindset Resources For Parents

- [Mindset Works](#)
- [Developing a Growth Mindset - 5 Tips For Parents](#)
- [Growth Mindset Parents](#)

PARENT'S GUIDE TO A GROWTH MINDSET
Big Life Journal
www.biglifejournal.com

PRAISE
FOR:
EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE
RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR:
BEING SMART
BORN GIFTED
TALENT
FIXED ABILITIES
NOT MAKING MISTAKES

SAY:
"YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"
"WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."

FAILURES AND MISTAKES = LEARNING
SAY:
"YOU CAN LEARN FROM YOUR MISTAKES."
"MISTAKES HELP YOU IMPROVE."
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

ASK
"WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"
"WHAT NEW STRATEGIES DID YOU TRY?"
"WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"
"WHAT DID YOU TRY HARD AT TODAY?"

GROWTH MINDSET
YOU CAN GROW YOUR INTELLIGENCE

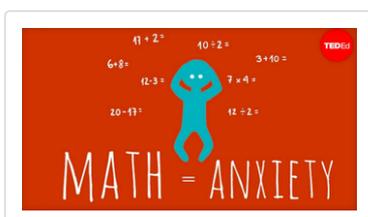
FIXED MINDSET
YOU CAN'T IMPROVE NATURAL ABILITIES YOU WERE BORN WITH

BRAIN CAN GROW
SAY:
"YOUR BRAIN IS LIKE A MUSCLE. WHEN YOU LEARN, YOUR BRAIN GROWS. THE FEELING OF THIS BEING HARD IS THE FEELING OF YOUR BRAIN GROWING!"

RECOGNIZE YOUR OWN MINDSET
BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.

THE POWER OF "NOT YET"
SAY:
"YOU CAN'T DO IT YET."
"YOU DON'T KNOW IT YET."
"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"

BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"



Math Anxiety: What is it?

Your blood pressure starts to escalate. Your heart feels like it is beating out of your chest. You begin to perspire and feel that every nerve is standing at attention. ANXIETY!

Imagine you are a student and you have this physical reaction every time you walk into your math class. Math anxiety is a negative emotional reaction to mathematics that can be debilitating to our students and interfere with their ability to learn math at a high level. Below are some resources that explain math anxiety and how you can help your child feel less anxious about math.

Interesting Articles to Learn More About Math Anxiety

- [Fending Off Math Anxiety](#)
- [Math Trauma Can Be Healed](#)
- [Think Your Bad at Math?](#)
- [The Praise Puzzle: How to Motivate Kids to be Successful](#)

Tips and Strategies to Help Students With Math Anxiety

- [How to Make Sure Your Math Anxiety Doesn't Make Your Kids Hate Math](#)
- Website: [Becoming a Math Family](#)
- [3 Ways Parents Can Support Their Children's Math Development - and Soothe Their Own Math Anxiety](#)

8 Practical Ways to Conquer Your Child's Math Anxiety

1 Be involved
Student success in school has been shown to increase if their parents are positively involved in their education.

2 Encourage a growth mindset
Studies have shown that effort trumps ability when it comes to learning math, so set high expectations when encouraging your child.

3 Be positive about math
A parent's perception of mathematics influences not only their child's feelings about math but also their child's achievement in mathematics.

4 Overcome gender stereotypes
Foster math confidence regardless of the gender of your child by highlighting achievements made by both male and female scientists.

5 Learn the basics
Rote learning is essential to mathematics performance as many higher level concepts build on the memorization and repetition of the basic math facts.

6 Allow mistakes
Focus on the concepts rather than the right answer, since making (and correcting) mistakes is an essential part of math learning.

7 Take baby steps
Support new topics by slowly building from the topics your child already understands. Use gradual, repeated success to build math confidence in your child.

8 Make math relevant to real life
Highlight ways in which you and your family use math in everyday life and discuss how good math skills will open the doors to a larger choice of career options.

www.mathinsider.com
Maths Insider
Source: https://en.wikipedia.org/wiki/Mathematical_anxiety

Coming Soon!

Elementary School Family Math Night (K-4)

March 12, 2019

Stonington High School Commons

6-7pm

Family Math Night [Save The Date Flyer](#)

Family Math Night [Registration Form](#)

