



PARENT GUIDE

GROWTH MINDSET STUDENT TAKEAWAYS:

- A "Mindset" is a set of beliefs that shape how you see the world.
- People with a "Growth Mindset" believe that new abilities can be developed.
- People with a "Fixed Mindset" see their qualities and abilities as fixed traits that cannot change.
- Neuroplasticity is the scientific proof that our brains were meant to adapt in response to learning.
- The goal shouldn't be, "immediately great or I'm not trying it again."
- The goal SHOULD be, "I can't do this YET."

WHAT TO DO AT HOME

- Continue to encourage your child to embrace their failures as learning experiences.
- Praise your child based on effort, not on achievement.
- Allow your child time to reflect after failures.
- Check out [Mindsets for Parents by Mary Cay Ricci](#)

FOR PARENT GROWTH

- Read ["Mindset" by Carol S. Dweck, Ph.D.](#)
- Examine your own beliefs about personal limitations.
- Watch [Growth Mindset vs. Fixed Mindset](#) on YouTube.



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GOALS (6) STUDENT TAKEAWAYS:

- Common Definition: A **goal** is a clear vision of an awesome future that needs to be accompanied by a plan and a time-frame.
- A **vision** is a clear picture of an awesome future that you want.
- The more clear your vision is for your future, the more likely you are to achieve it.
- Studies show that goals that are **challenging** and that **focus on gaining a skill** have an increased chance of being met successfully.
- Many people fail to reach their goals when their behaviors don't align with the goals they set for themselves.

WHAT TO DO AT HOME

- Ask your child about the goal they set in their class. Display it somewhere in the house!
- Ask them to help YOU to set a goal.
- Praise your child based on their goal-behavior alignment.
- Set family goals that are **challenging** and **skill based**.

FOR PARENT GROWTH

- Read [this research](#) on which the student videos were based.
- Watch this [TED Talk](#) by Stanford Professor about "Life Design"
- Find a friend or colleague, set goals, and hold each other accountable.
- Read "[Your Best Year Ever](#)," by author Michael Hyatt.



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TAKING CONTROL (6) TAKEAWAYS:

- Research shows that self-discipline and determination are better determining factors for success than IQ.
- Self Discipline, as we've defined, is overcoming temptations to do what you know you **HAVE** to do, instead of what you might **WANT** to do.
- "One of the best ways to say no to a temptation is to have something better to say yes to." Goals are important.
- **Self-Awareness** is being well aware of our own motivations, beliefs, habits, strengths, and weaknesses.
- Student Challenge: Think about this, "If you told the people around you about your goals and dreams, what would they say?"

WHAT YOU CAN DO AT HOME

- Remind your child often of the benefits of self-discipline.
- Create a common language by using the word "Discipline" when students get off task, not when they're in trouble.
- Praise and reinforce when you see your child showing discipline..

FOR ADULT GROWTH

- Read [this research](#) on which the student videos were based.
- Watch this [Ted Talk](#) about Self Control
- Read [GRIT](#) by Angela Duckworth
- Assess your own adult relationships with the same filters as we instruct the students.



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HOLIDAY WISHES STUDENT TAKEAWAYS:

- The holidays can cause children to focus solely on themselves and what THEY have.
- A shift in PERSPECTIVE can help children to find joy in focusing on others and how we can help THEM. THAT produces a happy holiday!
- The holidays, and social media in particular, can cause our children to compare themselves and their holiday experience to others- leaving them feeling unhappy or unsatisfied with their holiday.
- Being happy for others and taking time to be GRATEFUL for whatever you have is a great way to make you feel happy during the holidays.
- Offering people your time can be better than offering them gifts.

WHAT TO DO AT HOME

- Encourage your child to recognize things they can be grateful for.
- Help them for look for opportunities to help others.
- Allow your child time to reflect about what they CAN offer others.
- Take time in at home to have them journal or write cards.

FOR PARENT GROWTH

- Read more about [The Theory of Social Comparison](#).
- Take time to make a list of what you're grateful for.
- Donate your time to help others during the holiday season.
- Take a timeout from social media during a holiday break.



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MOODS (6) TAKEAWAYS:

- An emotion is a feeling that arises when we evaluate a situation in light of what we want to happen.
- Emotions ARE controllable...but the first step is recognizing our emotions, and what causes them to flare up.
- We can't change our emotions, but we can change what we do when we feel them.
- 4 Steps to Emotion Regulation: **N**otice the **E**motion, **R**egulate, or **D**istract Yourself

WHAT TO DO AT HOME

- Encourage your child to write down triggers in real time.
- Figure out WITH your child what helps them to de-escalate.
- Allow your child time to physically de-escalate.
- Allow your child to excuse themselves if escalated.

FOR ADULT GROWTH

- Read more about [Mindfulness](#).
- Take time to reflect on your own triggers and de-escalators.
- Journal in real time when emotions arise.
- Watch this [Ted Talk](#) about feelings and why they happen.



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MENTAL HEALTH MATTERS (6) TAKEAWAYS:

- A mental illness is defined as an illness that could involve changes in emotion, thinking or behavior (or a combination of these).
- Just like a physical illness, like the flu or a cold, can cause you symptoms like coughing, sneezing, a sore throat or a fever; mental illness can cause a person to have changes in their emotions, the way they think, or the way they behave.
- Mental Illnesses are not contagious.
- People who have mental illnesses are often NOT dangerous.
- You can always talk to a School Counselor or trusted adult if you think you need help.

WHAT TO DO AT HOME

- Ensure your child knows who they can talk to if they have questions.
- Ensure that parents encourage a level of respect when speaking about matters like Mental Health Issues.

FOR ADULT GROWTH

- Read more about [Mental Health](#).
- Proactively cultivate new mental health habits.
- Journal in real time when emotions arise.
- Here's a playlist of Mental Health related [Ted Talks](#).



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UNSTOPPABLE (6) TAKEAWAYS:

- Grit is the perseverance and passion for achieving long term goals.
- Grit is pushing through tough stuff when most other people wouldn't.
- The first part of the formula for grit (Duckworth) is $\text{TALENT} \times \text{EFFORT} = \text{SKILL}$
- The second part of the formula for grit is $\text{SKILL} \times \text{EFFORT} = \text{ACHIEVEMENT}$
- You can always talk to a School Counselor or trusted adult if you think you need help.
- Studies show that grit is a better determining factor for success than intelligence.
- The world needs less laziness and more grittiness.

WHAT TO DO AT HOME

- Encourage your child to ask for help as many times as it takes.
- Model Grit by asking lots of clarifying questions, and inviting constructive criticism in front of your child.
- Create a rewards system that encourages Grit in the home.

FOR ADULT GROWTH

- Read more about [GRIT](#).
- Take this [Grit Self Assessment](#).
- Set goals based on the results.
- Here's a [Ted Talk](#) summarizing Angela Duckworth's research.



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THE OFFSEASON (6) TAKEAWAYS:

- Elite athletes focus intensely on self-improvement in the Offseason.
- Elite Performers actually work HARDER in the Offseason.
- The summertime is like our offseason.
- Reflection is giving serious thought to something that happened in the past.
- "Those who cannot remember the past are condemned to repeat it."
-George Santayana
- Clarifying questions to ask ourselves in the Offseason are: "What do I want to have?", "Who do I want to be?", "What do I want to accomplish?"

WHAT TO DO AT HOME

- Encourage your child to think about mistakes they can learn from.
- Model self-awareness and a desire for continuous self-improvement.
- Align your rewards system so that it encourages Self Improvement.

FOR ADULT GROWTH

- Read more about [Energy Management](#).
- Check out [THIS ARTICLE](#) from Harvard Business Review on Self-Reflection.
- Reflect and Journal regularly.