



# EFFECTIVE EFFORT

*Cultivating Good Study Habits At Home*

## USEFUL STRATEGIES FOR PARENTS

| <u>TIME</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <u>FOCUS</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>✓ Guide your child to create a study <b>timetable</b>, and help him/her to monitor and adjust it</li><li>✓ Encourage your child to complete his/her <b>homework</b> first every day</li><li>✓ Encourage your child to <b>revise</b> or do additional <b>practices</b> daily</li><li>✓ Set aside a regular time for <b>reading</b> at home (30 min a day)</li><li>✓ Remind your child to spend more time on the subjects he/she is <b>weaker</b> in</li></ul> | <ul style="list-style-type: none"><li>✓ Set up a <b>space</b> at home that will be used for studying</li><li>✓ Help ensure that <b>stationery</b> and <b>books</b> are ready at the study table</li><li>✓ Help ensure that the place for studying is <b>quiet</b></li><li>✓ Encourage your child to <b>concentrate</b> on his/her work until it is done</li><li>✓ Help your child <b>remove</b> or <b>avoid</b> <b>distractions</b> (e.g. remind him/her to put his/her phone away)</li></ul> |
| <u>PERSISTENCE</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <u>COMMITMENT</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <ul style="list-style-type: none"><li>✓ Encourage your child to <b>remain positive</b> when faced with problems</li><li>✓ Help him/her find <b>ways</b> to tell himself/herself to not give up (e.g. this may take some time)</li><li>✓ Remind your child to keep trying <b>different strategies</b> until he/she finds one that works</li><li>✓ Tell your child that you <b>believe</b> he/she will succeed as long as he/she keeps trying</li></ul>                                              | <ul style="list-style-type: none"><li>✓ Encourage your child to be <b>determined</b> to achieve his/her goals</li><li>✓ <b>Role model</b> how you are committed to achieving your goals too</li><li>✓ Remind your child to put in his/her <b>best effort</b> in his/her work</li><li>✓ Remind your child to <b>finish</b> his/her work without leaving blanks</li></ul>                                                                                                                       |
| <u>USE OF FEEDBACK</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <u>RESOURCEFULNESS</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <ul style="list-style-type: none"><li>✓ Remind your child to <b>look carefully</b> at teachers' feedback and <b>reflect</b> on it</li><li>✓ Encourage your child to <b>use the feedback</b> to improve on the <b>next</b> piece of work</li></ul>                                                                                                                                                                                                                                                  | <ul style="list-style-type: none"><li>✓ Encourage your child to <b>look for help</b> when he/she is stuck</li><li>✓ Help your child think of <b>various ways</b> to help himself/ herself (e.g. ask a friend/ parent/ teacher, search in books/ online)</li></ul>                                                                                                                                                                                                                             |

## Additional Resources for Parents

The following are some ideas that your child has learnt through the Effective Effort lessons. It would be most helpful if these could also be reinforced at home.

### Fixed mindset vs. growth mindset

Based on research by Dr. Carol Dweck, a Stanford University psychologist, fixed and growth mindsets are attitudes and beliefs that people have towards learning and intelligence. People with fixed mindsets believe that intelligence is fixed and talent leads to success, while people with growth mindsets believe that our abilities can be developed through hard work and effort. People with fixed mindsets avoid challenges for fear of failing and being embarrassed, while those with growth mindsets embrace challenges as opportunities to grow, and understand the value of learning from mistakes. Developing a growth mindset in your child can help to motivate him/her to enjoy learning and challenges, which can lead to higher achievement levels and success. Beyond his/her studies, having a growth mindset can help prepare your child to be a resilient and confident lifelong learner.

### Growth mindset language – How to persist

| Instead of...                        | Try saying...                                                    |
|--------------------------------------|------------------------------------------------------------------|
| I am not good at this                | This might take some time and effort                             |
| I give up                            | I'll use a different strategy                                    |
| This is too difficult                | What am I missing out on?                                        |
| I will never be that clever          | I will learn how to do this                                      |
| I just can't do this                 | I will train my brain                                            |
| This is good enough                  | Is this really my best effort?                                   |
| I can't make this better             | I can always improve. How can I make it better?                  |
| I made a mistake                     | Mistakes are the best ways to learn                              |
| Plan A did not work                  | There is always Plan B                                           |
| She is clever and it is easy for her | I am going to figure out how she does it so I can learn from her |

### Being resourceful

The following are some examples of how your child can be resourceful.

| What do I need?                                | Where can I get help?                                                                                                                                |
|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Meaning / spelling of words                    | Dictionary                                                                                                                                           |
| Clarify Science/ Math concepts                 | Search in Course book, guide books, or the Internet                                                                                                  |
| Help for homework                              | Refer to earlier questions within the same topic, look for strategies in my notebook, ask a friend, ask an adult, ask a teacher before submitting it |
| Information on what I missed when I was absent | Call my friend, ask my friend the next day                                                                                                           |