



EFFECTIVE EFFORT

Cultivating Good Study Habits At Home

USEFUL STRATEGIES FOR PARENTS

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

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