



"The effect of parental engagement over a student's school career is equivalent to adding 2 or 3 years to that student's education." John Hattie, Visible Learning

Helping Your Child to Study – information for parents and carers

A digest of the more detailed PowerPoint on Study Skills on our school website.

Here are 2 main areas it's helpful to be aware of: growth mindset and effective study strategies.



1. Growth Mindset

Using growth mindset is a highly effective way of supporting your child. Stanford University Professor, Carol Dweck, discovered some people see intelligence or ability as fixed, while others recognise these can be developed: a growth mindset. You may have heard the famous Henry Ford quote, "Whether you think you can, or you think you can't – you're right." Attitude plays a significant role in success. Neuroscience shows our brain is very malleable and – with effort – we can change our ability.

Read about the research and suggested strategies at <https://www.mindsetworks.com/science/> For a short, engaging TED Talk on mindset, see <https://youtu.be/pN34FNbOKXc>

3 simple ways we can cultivate growth mindset in our children:

1. **Talk to your child about growth mindset.** Explain neuroscience shows the brain responds like a muscle: the more we train it, the stronger it becomes. Learning that challenges us is good – not something to be avoided!

2. **Be alert for the fixed mindset voice and when you hear it, challenge it!** If you hear, "I can't do it," add, "yet."

Be careful how you speak about yourself. Avoid saying, "I'm rubbish at ..." When you struggle to do something, explain to your children that trying hard helps us grow.

Praise the effort your child puts in.

Be kind and honest in times of failure: keep the focus on their effort. If they tried their hardest but did not succeed, encourage them to find out what they didn't understand and put that right with their teacher's help.

3. **Encourage your child to use effective learning techniques.** Through understanding how best to develop their abilities, young people start to believe in themselves and take charge of their own learning and achievement. Grange Academy's 4 Steps to Success (Understand, Condense, Memorise, Review) booklet is on the school website and information about effective study techniques is included below.



"The effect of parental engagement over a student's school career is equivalent to adding 2 or 3 years to that student's education." John Hattie, Visible Learning



2. Effective Study Techniques

Not all study methods are equally successful, but many people don't realise this. They invest time in study activities which are not efficient or effective, when – by switching to better strategies - they could be making more progress.

Ineffective	Highly Effective
Last minute cramming	Starting early, planning and spacing study out
Simply re-reading/ copying out notes	Using notes, textbook or flashcards to test yourself or be quizzed by others
Simply highlighting text	Using key concepts highlighted to create study aids such as flash cards or a mind map to use in self-testing or quizzing by others
Studying one topic always in the same order	Interleaving (mixing up) topics raises the challenge and the extra effort aids memory and understanding.
Listening to music	Reducing distractions as much as possible is better for focus.
Using (visual, auditory or kinaesthetic) preferred study styles	Fine as a motivation to start study, but not an effective technique in itself.
Spending a lot of time studying	Spacing revision in small, regular chunks, interleaving different topics when revising and switching between them is far more effective.
Repeating the study routines we are comfortable with	Raising the challenge to create "desirable difficulties" makes you think harder, understand and remember better.

Encourage your child to try the effective techniques above. You may also enjoy watching the short videos at <https://www.learningscientists.org/videos>. On our school website you'll find a presentation with more details of 6 highly effective techniques which develop the ability to retrieve information from memory (the top-rated method for achieving long-term learning).

We hope this information is helpful. Please talk to us if we can help further.