

TALK FOR P3 PARENTS

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What I will be covering today

- Growth mindset
 - What is growth mindset?
 - How to cultivate a growth mindset?
- Tips on managing anxiety



Growth vs fixed mindset

Growth mindset	Fixed mindset
View challenges as opportunities	Avoids challenges
Able to be vulnerable and receive constructive criticism	Unable to receive feedback
Talent and intelligence can be developed	Talent and intelligence is fixed
Focus on learning and not outcomes	Seeks constant approval
Inspired by success of others	Threatened by success of others
Resilient and persist in the face of setbacks	Gives up easily

The way we talk to our children becomes their inner voice

90 marks is not good
enough.

How are you going to
get into XXX school
with your results?

You are only good enough if
you get all As.

You wasted all the money I
spent on tuition for you.

I am doomed if I do not get into XXX school in future.

I am useless unless I get all As.

My parents only love me if I get good grades.

I am a waste of money.

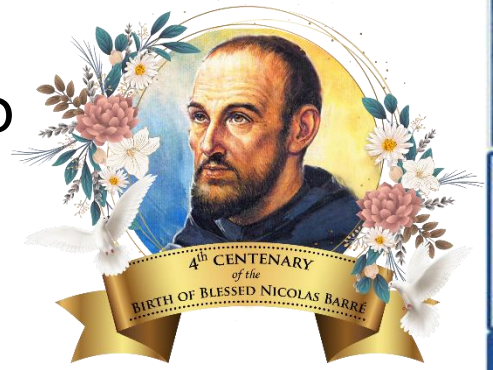


My worth is based on my results.

Your daughter's thoughts

What may happen if we focus on outcomes? (Results)

- Cheating attempts
- Mental health issues
 - Depression
 - Anxiety
- Low self-esteem
- Adopt the attitude of “If I do not try, I will not fail.”
- Strained relationship between parents & child



The power of YET



I can't do this....

YET

I'm not good at this...

YET

I don't understand this...

YET

It doesn't work....

YET

This doesn't make sense....

YET

How to shift to growth mindset?



Change
the way
you talk
to
yourself

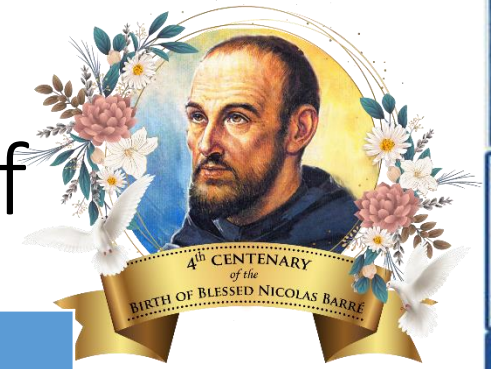
Focus on
learning
goals

Learn
from your
failures

Choose
suitable
tasks

Be
consistent

01. Change the way you talk to yourself



Instead of...	Tell yourself...
I am bad at Mathematics.	I can do better at Mathematics.
I give up because it is so hard.	I want to try and not give up.
I will always fail this subject.	It is possible if I try.
I do not know how to do this.	I just do not know yet.

02. Set learning goals



- Aim to spend 1 hour of revision on your weakest subject
- Aim to attempt all questions on your examination paper
- Try 5 difficult questions a day
- Aim for 5 marks improvement in your subject

03. Learn from your failures

- What can you do differently the next time?
- What did not work this time?
- Which topics do you need more revision on?





04. Choose suitable tasks

- Tasks that are not too easy or difficult
- Just a little over your current ability

For example:

Choosing to learn 4 spelling words instead of 10 first.

Build on the taste of success before adding on more words

05. Be consistent

- Remind your child when they are in the fixed mindset
- Practise it consistently across different settings
 - Swimming
 - Drawing
 - Friendship



Affirmation parents can give

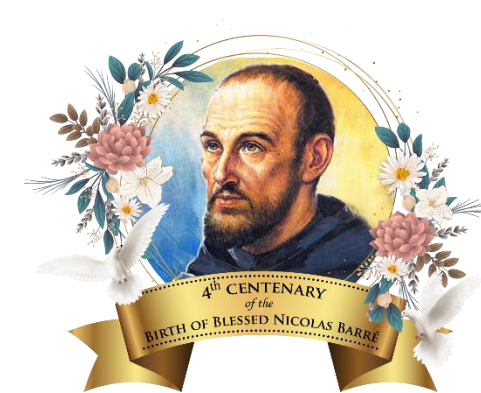
I am proud of you for not giving up.

You have a positive attitude.

You put in the hard work.

It was not easy but you tried.

I liked how you found different ways to do things



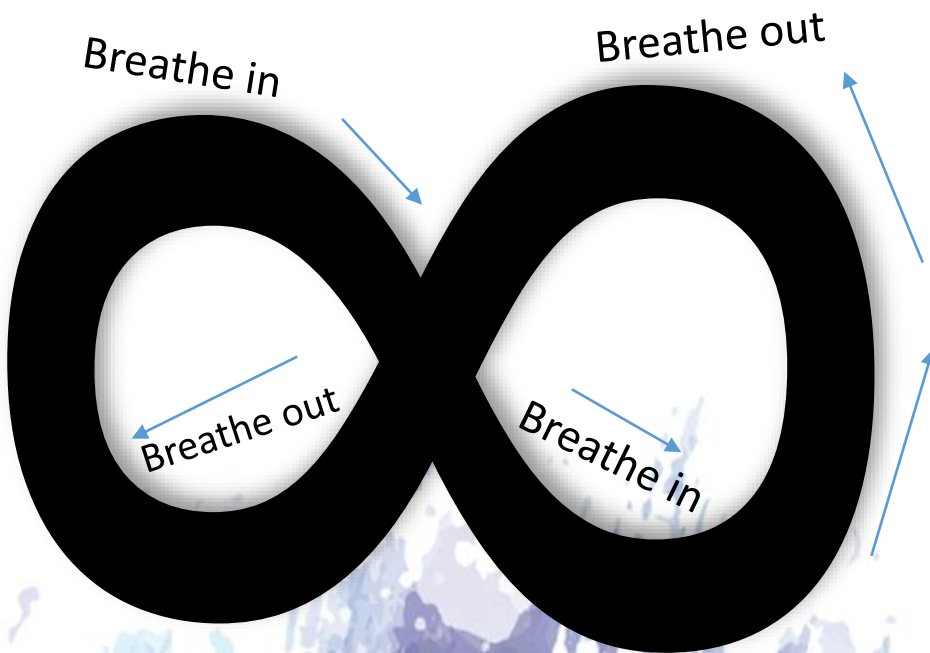
When your child receives her results...



- Shift the focus from absolute grades
 - Instead of asking “How many marks did you get?”, try asking “What did you do well in? What do you think you can do differently?”
- If she is happy with her results
 - Affirm her efforts and hard work
- If she is disappointed in her results
 - Validate her feelings
 - Normalize that it is okay to be disappointed
 - It shows that she has a good attitude towards her learning

Tips on managing anxiety

- Validate her feelings
- Remind her of deep breathing exercises she can do



Finger breathing

- Trace along each finger and breathe in and out
- Breathe in when you trace up and breathe out when you trace down



Tips on managing anxiety

- Remind her of the growth mindset – examinations are not to measure her worth but to see what she has learnt well in and what areas to improve in
- Remind her of the times that she overcame her anxiety
- Get enough rest & food

**Every flower blooms in its
own time**

Thank you



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