

# TIPS FOR PARENTS

## Effective Learning → Efficacy + Agency + Action

**Efficacy** – belief in the possibility of success in learning:

- role models – biographies, stories of resilience, perseverance, effort
- self confidence – measuring self against self
- self esteem – valuing children for who they are
- reactions to challenges – help them move from “I can’t” → “I haven’t yet”

**Agency** – the skills, techniques and strategies of effective learning:

- **21<sup>st</sup> Century Skills** – check out [http://taolearn.com/atl\\_resources/article200.docx](http://taolearn.com/atl_resources/article200.docx)
- **Cognitive skills** – critical thinking, creative thinking, problem solving, building strong long-term memory, developing meaning and understanding, study skills, exam prep skills
- **Character skills** – handling pressure and stress, self-motivation, concentration and focus, perseverance, resilience, emotional management, mindfulness, integrity, courage, tenacity
- **Have them practise:**
  - when reading - reading, pausing, reviewing what they have read, then moving on
  - when making notes in class – writing their own notes around teachers’ key points
  - when summarising from textbooks – making key word summaries then explaining to themselves in their own words
  - single subject cramming and coaching – good short term results, poor long term understanding or retention of information
  - learning how to learn effectively produces better, more stable, long term results

**Action** – having a go, making mistakes, failing well:

*"The most significant difference between the high achievers and the underachievers was that **all the high achievers had learned how to fail well** whereas **all the underachievers were failing badly**"*

<b>Reactions to failure</b>	
<b><i>Failing Well</i></b>	<b><i>Failing Badly</i></b>
<ul style="list-style-type: none"> <li>• Acknowledging your failures,                             <ul style="list-style-type: none"> <li>- taking responsibility for your own actions,</li> <li>- working out what you did wrong,</li> <li>- making changes,</li> </ul>                             and                             <ul style="list-style-type: none"> <li>- doing it again</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Blaming the school or the ‘system’</li> <li>• Blaming other people</li> <li>• Pretending you never get or do anything wrong</li> <li>• Adding drama to failures to avoid dealing with them</li> <li>• Avoiding any activity that could possibly result in failure</li> </ul>

- 1) Encourage them to take on new challenges and to use failure as feedback
- 2) Teach them caution not fear
- 3) Help them to notice their own strategies for recovery from adversity
- 4) Help them to focus on the things they can control, their effort and learning strategy use, as the best source of improvement
- 5) Focus any praise for achievement on observed effort rather than ability
- 6) Help them learn to use internet resources well
- 7) High speed internet is necessary, check out [www.taolearn.com/students.php](http://www.taolearn.com/students.php) - my site with links to many free school subject sites, [www.topmarks.co.uk](http://www.topmarks.co.uk) and [www.freebooknotes.com](http://www.freebooknotes.com)
- 8) Look into control tools like SelfControl and OurPact
- 9) Make sure they have a place to do school work which suits them physically – desk or table and chair at the right height with good light
- 10) Help build good habits of study - give your children's learning the highest priority in the home for a period of time every evening – a time when the TV is off, the stereo is playing quiet music, any other children or distractions are not allowed to interfere and they are totally supported in getting school work done
- 11) Help them learn to use TV, video games, computer games (and/or any other pleasure) as a reward for getting work done rather than a way to fill in time
- 12) To remember what they learn at school, each night they need to read over what they did that day – let them teach you what they are learning
- 13) Allow them to form study groups with friends as long as they use time together to get work done
- 14) The idea of success through learning is picked up best by imitation – make the culture of your family a learning culture
- 15) Strive to be worthy of imitation

Our children all need to learn how to:

- earn what they get
- organise their own lives
- take responsibility for their own actions
- fight their own battles
- make their own decisions and take all the consequences
- succeed and
- fail well

Check out my website [www.taolearn.com](http://www.taolearn.com) for:

- Tips for Parents
- Study Tips for Students
- articles, links, videos, resources

Email me directly at [lance@taolearn.com](mailto:lance@taolearn.com) with any questions

Buy the book of my students' course – ***Exam Confidence*** - all the study skills students need to study well throughout the year and pass all their exams well.

My new book for parents – ***The Importance of Failing Well*** is now available also – order both from [www.taolearn.com](http://www.taolearn.com)