## THE MIDDLE SCHOOL TRANSITION

**HOW TO SURVIVE AND** 

HELPYOUR CHILD THRIVE



## Middle School is a TRAINING GROUND for developing the skills to become an

### INDEPENDENT LEARNER.

Mistakes are not only accepted, they are encouraged.

#### **ENCOURAGE A GROWTH MINDSET**

"In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment." (Dweck, 2015)



**FRUITLESS** 

**FEEDBACK** 

IGNORE USEFUL

BE THREATENED BY

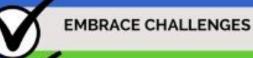
OTHERS' SUCCESS

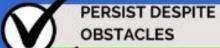
## Growth

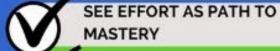
Mindset

Intelligence can be developed

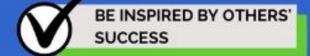
Leads to a desire to LEARN and therefore a tendency to:











Silvia Rosenthal Tolisano- @langwitches

#### WHAT ARE YOU FIXED ON?

Think of something that you've always felt you were "bad at"...

- dancing?
- singing?
- math?
- technology?
- sports?
- cooking?
- -???

## YOU ARE FIXED ON WHATEVER THAT SKILL IS

"I've never been good at math."

"I can't dance!"

"I cannot sing to save my life!"

"I'm the worst cook..."

"Technology never works for me."

"I am NOT athletic at all."

#### WHAT DOES THIS LOOK LIKE FOR OUR STUDENTS?

"I always get multiple choice questions wrong."

"I'm so bad at math."

"I'll never understand the periodic table."

"I'm the worst writer."

"Shakespeare is awful! I have no idea what he's talking about."

# EMBRACETHE POWER OF "YET"

"No. You simply haven't learned this skill yet."

#### **GROWTH MINDSET – WHY?**

#### With a growth mindset:

- Students believe they CAN and options become limitless
- Students are MOTIVATED because they aren't afraid of failure
- Students take more academic risks because they know they can keep trying
- Students remain open to challenges and do not shut down as easily

#### WHY IS A GROWTH MINDSET IMPORTANT?

#### Students who develop a growth mindset:

- Perform better in school
- Have higher self-esteem
- Enjoy learning
- Are persistent and try new things
- Desire understanding and are proud of achievement

#### Students who develop a fixed mindset:

- Experience decreased performance
- Lose confidence
- Fear failure and bad grades
- Give up easily or avoid difficult tasks
- Desire achievement and often feel inadequate

#### AVOID A FIXED MINDSET

- Encourage a GROWTH mindset
  - A growth mindset is when children believe that they are able to find ways to improve and mature
    - Focus on the <u>process</u> of learning and transitioning
    - Allow children to strategize, make decisions, and analyze the next steps
    - Praises <u>effort</u>, not ability

DOTHIS!

- A fixed mindset is when children believe that their success depends on things they can't control or have a hard time controlling: intelligence, emotions, final grades.
  - Focus on grades, intelligence, or ability
  - Adults strategize, make decisions for the child, and focus on outcomes
  - Praises ability, not effort

## PRACTICAL IDEAS TO HELP CHILDREN TRANSITION USING A GROWTH MINDSET

- Tone down the "cheerleading" and focus on acknowledging specific accomplishments
- Embrace the power of "YET"
- Accept and appreciate your child just as they are
- Give specific, genuine, and positive feedback about effort as often as possible
- Accept that growth comes with challenge & struggle



## Say This, Not That

#### Instead of saying...

"Reading has never been your thing...but you're so good at math!"

"Great job!"

"You won the race! You're the best!"

#### Say...

"You're still working on your reading skills and you'll get there."

"You really organized your room."

"You worked so hard practicing for the race! It sure payed off!"

Focus on the process and the effort...not the final result.

## THANK YOU!

Please do not hesitate to contact your child's counselor with any concerns you have about your child.

#### WANTED:

## Middle School Counseling Department Advisory Council Parent Members

#### **Duties Include:**

- Attend 2 meetings per year
- Provide feedback and insight on middle school programs
- Parents of 7th grade student preferred, but all are welcome
- We will welcome the first 4 parents who volunteer

Please email Mario (MG) Giamporcaro <u>magiamporcar@fcps.edu</u> if you are interested!

#### Back to School Night: WHERE DO WE GO NOW???

- Please report to your child's
   First period class by 6:30pm
- •Need your child's schedule?
  - Please go to the Career Center