



AOP TECH PARENTS

Tools for Better Study Habits

It's back to school and back to studying! While studying may come naturally to some students, it can be a real struggle for many. Here are three digital tools to make for a better studying experience for kids...and parents!

- ◆ StayFocusd (Google Chrome Extension) - This nifty extension blocks out websites (like social media) so you or your child can work distraction free!
- ◆ Todoist (Web tool, Chrome Extension, Android/iOS app) - The ultimate in 'to do list' apps! Todoist promotes time management and can easily sync across devices.
- ◆ Quizlet (Web tool, Android/iOS app) - A teacher favorite, Quizlet allows your children to create and practice with digital flashcards. There's even pre-made quiz on just about everything!

Developing a Growth Mindset Attitude at Home

Have you heard about Growth Mindset lately? Popular with educators and online parenting resources, Growth Mindset has become a prominent conversation in child development.

Growth Mindset, as developed by Carol Dweck, is the principle that our most basic abilities and intelligence can be developed over time. This is in opposition to have a 'fixed mindset', wherein we develop that we can not impact our intelligence over time.

Though this idea may sound simple, it impacts our view ourselves, our work ethic, resiliency, and ability to handle every day failures. In fact, embracing and learning from failure is a hallmark of fostering a growth mindset.

First and foremost, this impacts our children. Children who develop their growth mindset are better problem solvers, communicate clearly, take on challenges, and view failure as learning opportunities. They are resilient, bouncing back from struggles rather than crumbling under pressure. Studies have shown this impacts their attitude to learning both in and out of the classroom.

However, as adults, we have to look at our own mindsets as well. Do we believe in our own growth potential? Do we model that for our children? A common example of this is when we say to our children, "Oh I'm not good at math." This models for kids that even with effort, they may never achieve or feel confident in their own skills. We can instead model our own growth mindset by saying, "I have to work extra hard on math, but I can take the challenge."

Next month, in a continuation of Growth Mindset, AoP Tech will look at simple language shifts that can promote a growth mindset in the whole family!

Popova, Maria. "Fixed vs. Growth: The Two Basic Mindsets That Shape Our Lives." Brain Pickings. N.p., 29 Jan. 2014. Web.
Dweck, Carol. "What Is MINDSET?" Mindset. Carol Dweck, 2010. Web.