

STUDY SKILLS NEWS

Dear Parent or Caregiver,

Today your student participated in our study skills class for college and career readiness.

Our lesson was **MENTAL THROW DOWN: EFFORT VS. INTELLIGENCE**

The 21st Century Student's Guide to Study Skills

1

A STUDENT'S PERSONAL BELIEF ABOUT THE NATURE OF INTELLIGENCE CAN IMPACT THEIR ACHIEVEMENT IN SCHOOL. STUDENTS WHO UNDERSTAND THAT INTELLIGENCE CAN BE DEVELOPED AND IS NOT A FIXED GENETIC TRAIT, DO BETTER IN SCHOOL THAN STUDENTS WHO BELIEVE INTELLIGENCE IS A FIXED TRAIT.

2

"FIXED MINDSET LEARNERS" AVOID CHALLENGE. THEY OFTEN GIVE UP WHEN THEY ENCOUNTER OBSTACLES.

3

"GROWTH MINDSET LEARNERS" KNOW THAT THE BRAIN BECOMES STRONGER WITH USE AND CHALLENGE. THEY KNOW THAT ABILITY CAN BE DEVELOPED THROUGH EFFORT AND EXPERIENCE.

4

AS A STUDENT, YOU CAN BUILD TOLERANCE FOR HARD WORK BY WORKING HARDER. YOUR BRAIN CAN ADAPT TO HIGHER LEVELS OF EFFORT.

5

IF A TEACHER SAYS TO YOU "I THINK YOU CAN DO BETTER!," TAKE IT AS A COMPLIMENT! THEY BELIEVE IN YOU. RISE TO THE CHALLENGE!

Ask your student about the skills they learned today! Your support at home helps make good study skills a daily habit.

