



雙文教育系統
The Shuang Wen
Academy Network

Dear Parents,

Thank you for attending the 12/4, SWAN's Parenting Workshop on Growth Mindset. Thank you to Dr. Stephanie Ramsey for making the time to speak with our parents. And, special acknowledgement to one of our preschool parents, Julia Zavala-Hadavi for connecting Dr. Ramsey with SWAN.

If you have missed meeting Dr. Ramsey, we are sharing resources for teaching yourself and your children about Growth Mindset, enjoy!

Sincerely,

Fu Mei Cheung

Executive Director

SWAN'S GROWTH MINDSET WORKSHOP
12/4/2020
SPEAKER: DR. STEPHANIE RAMSEY

* [Your Fantastic Elastic Brain by JoAn Deak](#) - This book describes parts of the brain and how learning works, providing an excellent introduction to the brain and Growth Mindset to all ages. The author uses the idea of an "elastic" brain that stretches, and frames each person as a sculptor who is building a brain. I read this book with my children frequently for gems such as, "Even when you make a mistake while you're learning something new...you are still training your brain. You will remember that mistake and try something else-- until you get it right. Making mistakes is one of the best ways your brain learns and grows. If you aren't willing to risk being wrong, you won't take the chances that s-t-r-e-t-c-h your elastic brain." Find the book at your local library or independent bookseller.

You can also watch this [video](#) of a read-aloud.

* Videos:

o [Sesame Street](#)

- o [Class Dojo](#)

* Rumie Learn - "Bytes" with short lessons on a wide variety of topics, including Growth Mindset and other learning topics (and no login needed!).

- o [Develop A Growth Mindset](#)
- o [Owning your growth](#)
- o [Learning Mindset](#)

* [Carol Dweck's Ted Talk: The Power of Believing You Can Improve](#) - In Dr. Dweck's 10 minute Ted Talk, she explains the research that led to the theory of Growth Mindset, and the power of believing in the possibility of improvement. This is great to watch on your own, and share with older children. You can even watch it with younger children and discuss it.

* [The Family Stories That Bind Us](#) - In this New York Times piece, author Bruce Feiler explains the research that shows that a strong family narrative can be a resilience factor, and that the oscillating (ups and downs) family narrative is especially helpful. This isn't a straightforward Growth Mindset article, but I find it helpful with my own thinking for how I talk with my children about our family, our struggles, and our strengths.

Resources for teaching about learning

These are resources I share with colleagues and students as well as my own children. Grown-ups who are supporting young children in their development may enjoy digging into some of these resources. Below are a few items I've shared with my students to empower them in their learning.

1. [The New Science of Learning](#) - This book takes what science has demonstrated about how humans learn, presents it in a clear and compelling manner, and even better, it is aimed at college students. Each chapter is self-contained, so a student could read only one section without needing prior chapters to make sense of it all. This is the book I have to re-buy most often because I've loaned it to colleagues (who find it helpful, but don't usually manage to return it. Luckily I don't mind, as I'm glad it is on their shelf and in their minds).
2. [Walking supports creative thinking](#) - Letting our children know how to overcome

"writer's block," or even begin a project by taking a walk is a clear and straightforward way to avoid the anxiety that comes from staring at a blank page. Students who are learning remotely may have even more freedom to walk around when they feel stuck in their work.

3. [How to remember anything forever-ish](#) - In this delightful, interactive webcomic, we can learn about how memories are strengthened through retrieval, and how to make use of

spaced repetition to improve our learning. Developed by [Nicky Case](#) and freely given to the public domain. I described the comic earlier in this document because I want to be sure you check it out.

4. [How to practice effectively...for just about anything](#) - In this Ted Ed video of less than five minutes, viewers can learn why practice makes better, at the neurological level. Applicable and accessible across the lifespan.

5. [What Works, What Doesn't](#) - This article explains what does and does not work when it comes to studying. While the focus is on college students, our children who are in high school and those that will one day be in high school and college can benefit from our understanding what works and what doesn't work now.

Happiness Resource

* Sometimes we just want our children to be happy and it hurts us to see them suffering. This is normal (but not always helpful). To learn more about an excellent way to help them develop into truly happy people, and not just embrace temporary pleasure, check out [Raising an Emotionally Intelligent Child](#). You'll find value whether your child is still a baby or a teenager. We can help our children understand their emotions and gain that intelligence and control.