

# ACCOMPANYING CHILDREN TO FACE CHALLENGES ON THEIR WAY TO FURTHER STUDIES

Educational Psychology Service(Kowloon 1) Section  
Education Bureau



## Themes of the sharing today

- I. Stress Management
- II. Nurturing Growth Mindset
- III. Life Planning
- IV. Home School Collaboration



## I. Stress Management

- When we encounter changes, difficulties, or challenges in our lives, we often feel stressed.



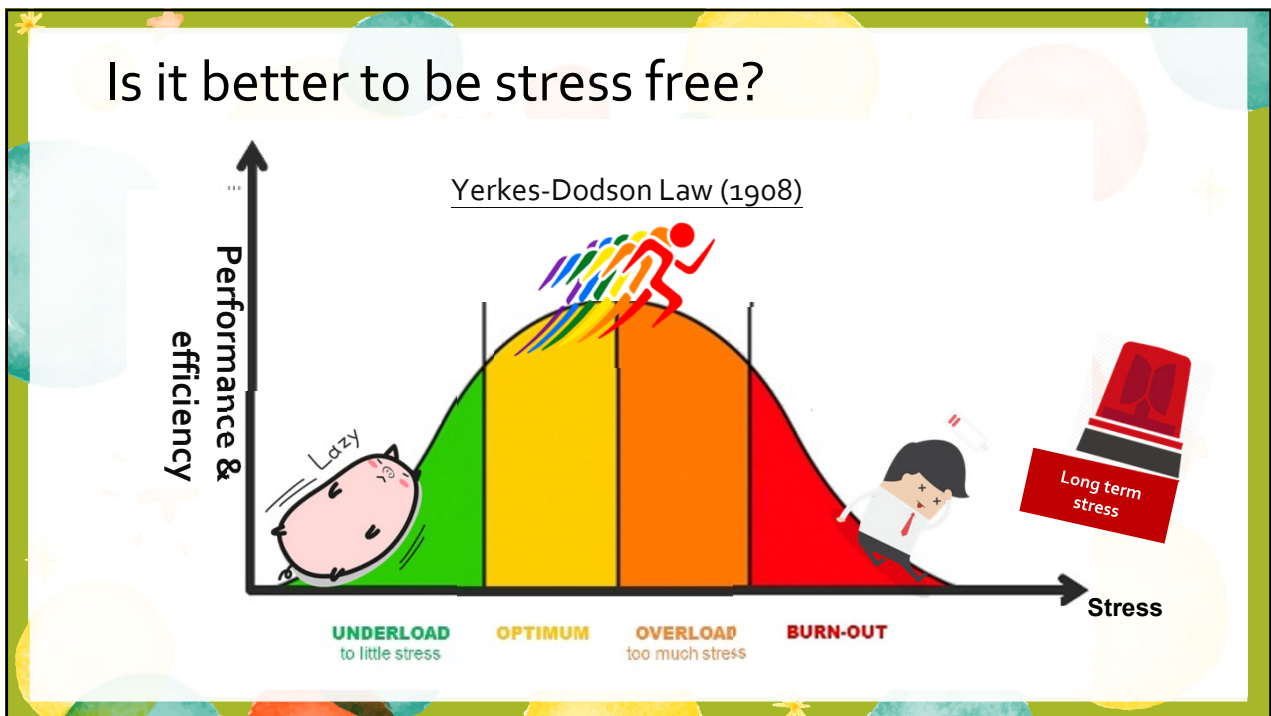
STRESS



Stress is **good?** or **bad?**



## Is it better to be stress free?



### Appropriate level of stress :

- Motivate us to do **better and become a driving force in our lives** and learning. For example, students may work hard because they are concerned about their exam performance.

### Excessive level of stress :

- **Affect learning performance and decrease work efficiency**
- **Difficult to concentrate** and increases the chances of making mistakes
- Lead to **anxiety, depression and irritability**
- Cause adverse physical reactions
- May result in procrastination and **avoidance behaviors**



## How to help children maintain good mental health?



[https://www.youthcan.hk/zh-hk/theme/coping-skills/infograph\\_1.html](https://www.youthcan.hk/zh-hk/theme/coping-skills/infograph_1.html)

1. Help children aware of **the importance of recognizing and maintaining good mental health**

2. Increase children's **understanding of stress**, such as common signs of stress:

**Physical symptoms** - such as increased heart rate, fatigue, insomnia, stomachaches, loss of appetite, headaches, etc.

**Emotional symptoms** - such as feeling depressed, anxious, irritable, restless, fearful, etc.

**Behavioral symptoms** - such as difficulty concentrating, decreased memory, crying, etc.



3. Remind children the ways **to cope with stress**:

(i) Establish **healthy lifestyle**

For example: getting enough sleep, maintaining a good diet, making time for leisure activities, regular exercise.

(ii) Manage **daily routines effectively**

(iii) Set achievable goals

Shall we talk?



4. Encourage children to **confide in and seek help from trusted adults**:

Encourage children to be **aware of their own well-being & to reach out** to trusted adults, such as teachers, social workers, family members

**or helpline services** provided by volunteer organizations, to share their difficulties and feelings

5. Act as **a role model and cultivate a self-care attitude** in children

Parents are role models for their children:

Accumulate positive emotional **experiences by engaging in activities that bring happiness and relaxation**, such as pursuing interests and connecting with others, and allowing time to rest.

Learn to take care of **one's own needs to maintain emotional stability**

- **Pay attention & observe one's physical and mental health needs**, such as practising breathing or stretching exercises, & being aware of the body's response at the present moment.
- **Use appropriate methods to regulate emotions**, such as shifting focus from distressing thoughts to engaging activities.
- Show understanding **for one's own needs and difficulties**, for example, using encouraging or empathetic statements to motivate oneself

請勿打擾



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## II. Cultivate Growth Mindset (Prof. Carol Dweck)

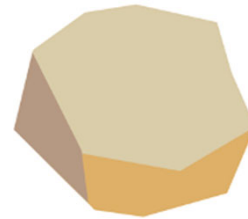
成長型思維  
Growth mindset

vs

固定型思維  
Fixed mindset



Believe effort and practice will improve competence



Believe that ability is inborn & unchangeable



成長型思維  
Growth mindset

固定型思維  
Fixed mindset

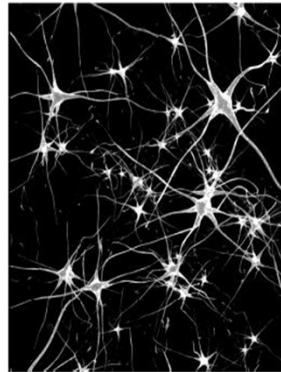


Willingness to accept challenges, stems from a strong desire to learn	Challenge	Avoid challenges to maintain appearance as intelligence
Demonstrate perseverance when facing difficulties & setbacks	Difficulty	Give up with encounter difficulties & setbacks
Diligence & effort are the necessary paths to achieving goals	Effort	If you need to put in a lot of effort, this means you are not intelligent or lack of talent.
Criticism and feedback are beneficial to learning	Criticism	Ignore criticism, no matter how constructive it may be
Others' success can serve as motivation & inspiration	Success of others	Viewing people' s success as threat, trigger sense of insecurity & vulnerability

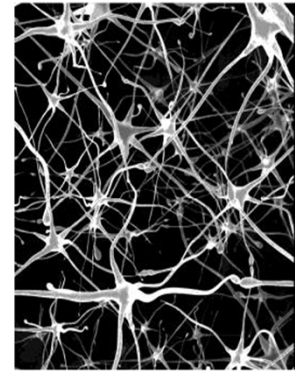
## Can the brain capable to develop?

Scientific evidence shows that the **brain is plastic**, it has the ability to change and adapt.

It does **not stop changing or adapting** due to old age



Birth



6 years old

## The PISA International Student Assessment Program (2018) released its research report:

### Students with a growth mindset

- tend to have **better reading performance**
- **stronger** learning motivation
- willingness to **put in more effort**
- a high sense of **self-efficacy**
- expectation to **achieve higher academic qualifications**



## Factors that shapes thinking patterns

The **thinking patterns & behaviors of parents and teachers** can shape the **thinking patterns of children**.

(e.g., Jose & Bellamy, 2012; Lee, 1996; Moorman & Pomerantz, 2010; Muenks, Miele, Ramani, Stapleton, & Rowe, 2015; Rattan, Good, & Dweck, 2012; Rattan, Savani, Naidu, & Dweck, 2012; Stipek, Givvin, Salmon, & MacGyvers, 2001).



## Factors that shapes thinking patterns

### 1. Parents' perceptions of challenging tasks

Moorman, E. A., & Pomerantz, E. M. (2010)

The purpose of a challenging task is to measure the child's fixed abilities.



With practice, child's abilities will improve.





# Factors that shapes thinking patterns

## 1. Parents' perceptions of challenging tasks

Moorman, E. A., & Pomerantz, E. M. (2010)

Facing the struggles that children encounter during their process:

↓ Focus on the results

↓ Negative emotion

The purpose challenging task is to measure the child's fixed abilities.

With practice, child's abilities will improve

Fixed mindset



Growth mindset



# Factors that shape thinking pattern

## 2. Parents' perceptions of failure and how they respond to their child's setbacks

Haimovitz, K., & Dweck, C. S. (2016)

Failure can be valuable. Experiencing failure can enhance future performance and efficiency

Failure is seen as a threat. Experiencing failure can hinder learning and growth.



# Factors that shape thinking pattern

## 2. Parents' perceptions of failure and how they respond to their child's setbacks

Haimovitz, K., & Dweck, C. S. (2016)

Failure can be valuable. Experiencing failure can enhance future performance and efficiency

When communicating with the child:



Focus on personal competence & results

Focus on learning process



# Factors that shape thinking pattern

## 2. Parents' perceptions of failure and how they respond to their child's setbacks

Haimovitz, K., & Dweck, C. S. (2016)

Failure can be valuable. Experiencing failure can enhance future performance and efficiency

Discuss with child on what was learnt in the process

Discuss methods of improvement from mistakes

How to seek help from teachers/others?



# HOW PARENTS ASSIST THEIR CHILDREN TO DEVELOP GROWTH MINDSET?

## How parents assist their children to develop their growth mindset?

- In everyday interactions with their children, parents can subtly help them develop growth mindset **through their actions and words**



### Being process oriented when respond to children' s learning progress

I note that **you act ...**

Take note of the **progress** of ...

I appreciate your **effort...**

I noted that you really enjoyed **the learning process**

If you do this, will this be **changed?**

Have you considered **adapting other strategies to...?**

You are on the proper track, or you **may consider...**

## WHEN YOUR CHILDREN PERFORM WELL...

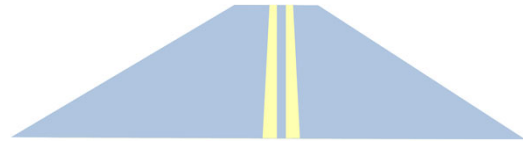
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1. Praise children' s effort, **focus the process more than the results**

## How parents assist their children to develop growth mindset?

### 1. Praise children's effort, focus on the process

- Let children understand the keys to success: effort, positive attitudes, & using appropriate strategies.
- When praising children, focus on **controllable factors**, e.g. emphasize the **process of their hard work, perseverance, willingness to try, & the strategies they employed to accomplish the tasks.**



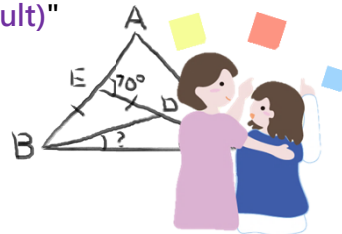
## How parents assist their children to develop growth mindset?

Scenario:

Your child was able to solve a difficult equation

Parent's response: "You're so smart!"

Suggested response: "I appreciate how you approached the problem with different strategies. (Helping children understand that the learning process is more important than the result)"



## How parents assist their children to develop growth mindset?

### Scenario

- Your children spent many days to complete a research report

Parent's response: "You're so talented!"

- Suggested response: "I **noticed how dedicated and time** you spent on this research report. You have gained a lot of new knowledge!"

(Emphasising on **effort and positive learning attitudes**)



## WHEN CHILDREN DO NOT PERFORM WELL?

2. Change the way you phrase it, alter your mindset.

## How parents assist their children to develop growth mindset?

2. Change the way you phrase it, alter your mindset.

- Use 「Not yet」 to change the mindset
- 「Not yet」 implies that children **are already on the proper pathway of learning**, but they haven't reached their goals yet. They can continue **to put in effort and improve**.
- Encourage the children to **understand that they may not have found the best methods to deal with problems or challenges yet**, but they can keep trying and finding better ways.

## How parents assist their children to develop growth mindset?

Scenario:

Child said 'M2 is a difficult subject, I cannot master calculus!'

Parent's response: "You just haven't mastered calculus **yet**. You can think of other ways or ask the teacher for help.

(Letting the child understand that **through effort and using appropriate strategies, progress can be made**)."



## WHEN CHILDREN DO NOT PERFORM WELL?

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### 3. Learn from mistakes and try different strategies

## How parents assist children to develop growth mindset?

### 3. Learn from mistakes and try different strategies

- Help children understand that **setbacks and challenges are stages** they will experience in the learning process. Encourage them to view failure as part of the learning journey.
- Encourage them to **reflect on what went wrong, seek support, and try different strategies**. Learning from mistakes and actively and diligently working towards improvement will lead to greater progress.





## How parents assist children to develop growth mindset?

Scenario:

Child said: My only new friend in S4, Pei Pei argued with me, she ignored me now...

Parent's response: "I understand that you're upset about the falling out with your only new friend in S4, Pei Pei. Interactions between people can sometimes encounter issues. Why don't you **think of ways to communicate with her and resolve any misunderstandings?**"

### III. Life planning

- Assist children in understanding and **recognizing their abilities, strengths, interests, personality, and aspirations.**
- Help them **explore diverse educational and career paths.** Guide them in understanding various options for further education (such as bachelor's degrees, diplomas & associate degrees) to **alleviate worries & pressure about their educational and career choices.**
- Encourage them to **discover their potential, utilize their strengths & enhance their sense of accomplishment and self-efficacy.**



- Communicate with your children, **arrange opportunities for your child to explore various industries**, help them **understand the industries they are interested** in, such as visiting Education and Career Expos, attending open days at colleges/universities
- If appropriate, encourage your child to **participate in career-related activities and extracurricular training programs**, such as job shadowing.
- Assist your child in **understanding their education/career direction**, which will enhance their motivation for **learning & personal growth**.

## IV. Home school collaboration

- Maintain good communication with the school to **understand and care about your child's academic progress & mental well-being**
- If needed, actively seek help and work together with the school, discuss and resolve any academic or mental health issues
- During the first semester of S<sub>4</sub>, pay attention to your child's **learning progress & their adaptation**, such as academic or interpersonal issues

If you need support, you **can reach out** to:

- The class teacher
- The school social worker/guidance counselor/student support coordinator/SENCo (Special Educational Needs Coordinator) for team support in assisting student



- **When?**

- **Attend parent-teacher meetings/parent days**
- **Preventive (participate in school activities & understand your child's school life better)**
- **When you have concern on your child's mental health**



→ **Initiate and maintain communication with the school** in these situations