

Productive Struggle:

*helping our kids
persevere and succeed*

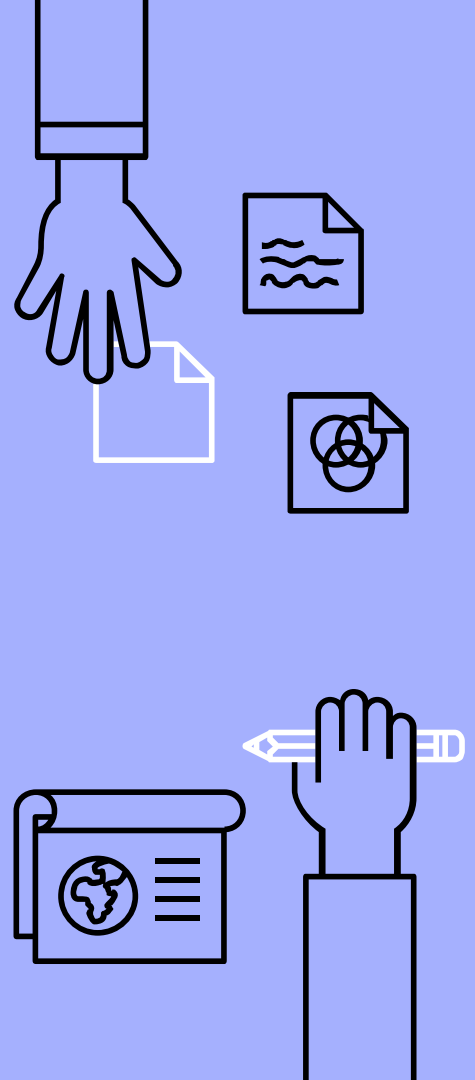
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Padlet.com

<https://bit.ly/20oQLXb>

What did you hear on the video that is different from what you hear at home?

What things do you hear at home from your child about school?

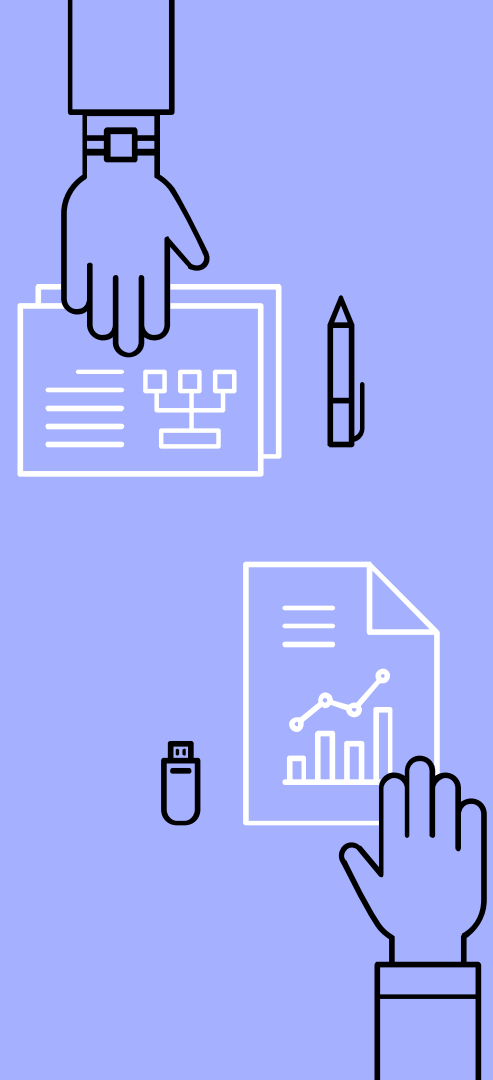


Turn and Talk

What do you see on the padlet that resonates?

What is familiar?

When struggle happens at your house, what happens next?



Perception

What would you tell your 7th grade self?

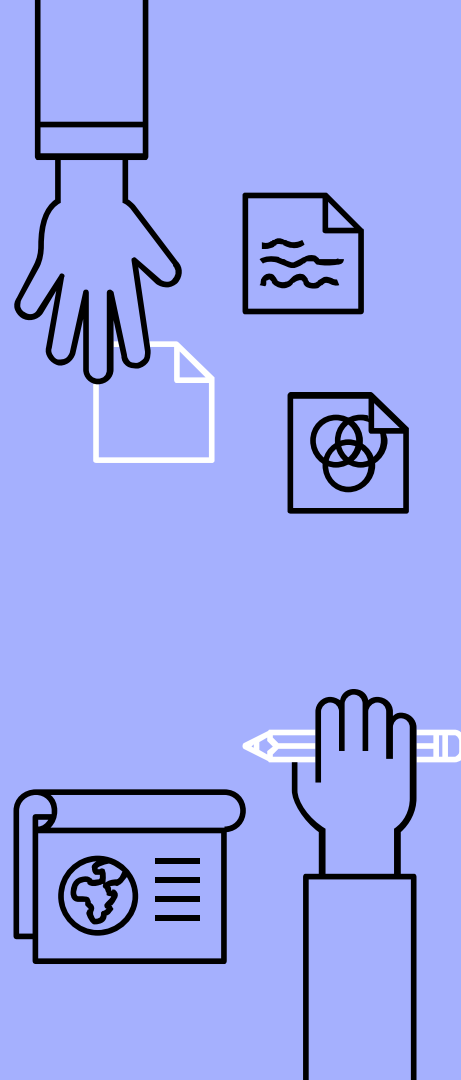
What do you picture when you picture middle school?

Reality

Middle School is not like it was before.

We know so much more about brain development than when we were in middle school.

Technology influences our kids positively and negatively.



Today's workforce is looking for problem solvers, people who work well together and who know how to use their resources.





Middle School

The Dependent Learner

- Is dependent on the teacher to carry most of the cognitive load of a task always
- Is unsure of how to tackle a new task
- Cannot complete a task without scaffolds
- Will sit passively and wait if stuck until teacher intervenes
- Doesn't retain information well or "doesn't get it"

The Independent Learner

- Relies on the teacher to carry some of the cognitive load temporarily
- Utilizes strategies and processes for tackling a new task
- Regularly attempts new tasks without scaffolds
- Has cognitive strategies for getting unstuck
- Has learned how to retrieve information from long-term memory



How do teachers move students towards independence?

- ▶ Note taking and examples/ exemplars
- ▶ Guided notes
- ▶ Peer Editing
- ▶ Coaching on Executive Functioning: agendas, organization, reflection
- ▶ Support Stations
- ▶ Homework Room
- ▶ Before School Help



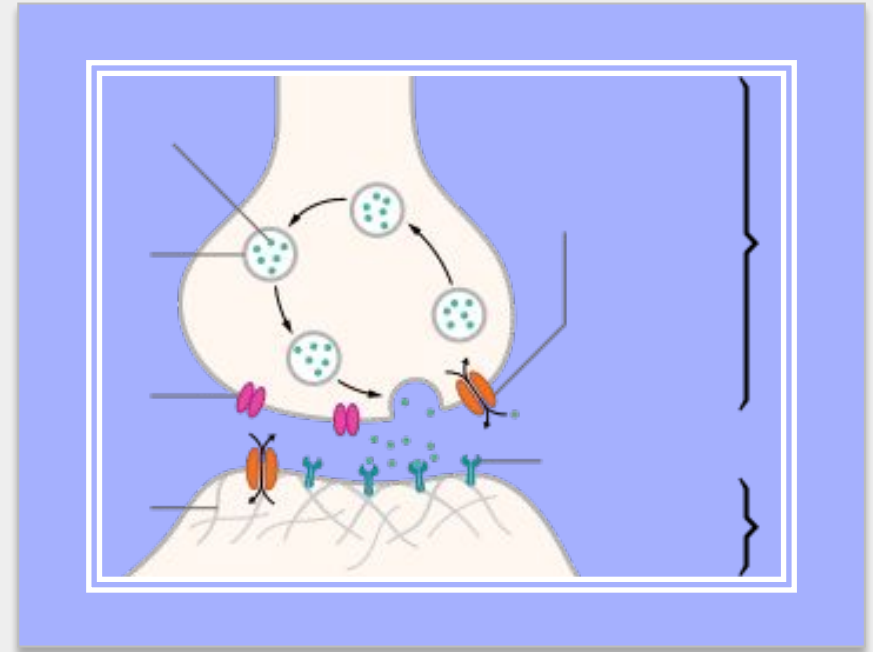
How can parents help students move towards independence?

- ▶ Teach your child how to email the teacher
- ▶ Show your student how to review notes and study from them
- ▶ Share a calendar to plan out big projects
- ▶ Point out when something works
- ▶ Check in but don't hold the pen
- ▶ Monitor study skills (distractions, computer usage, phone usage, etc.)



Brain Development In Adolescents

Limbic System is the area in the brain that controls emotions and this is developed before the Prefrontal Cortex. The Prefrontal Cortex is responsible for planning, rationality, and logical thinking.



What to do in the moment of breakdowns?

Give them love but give them space to regain control

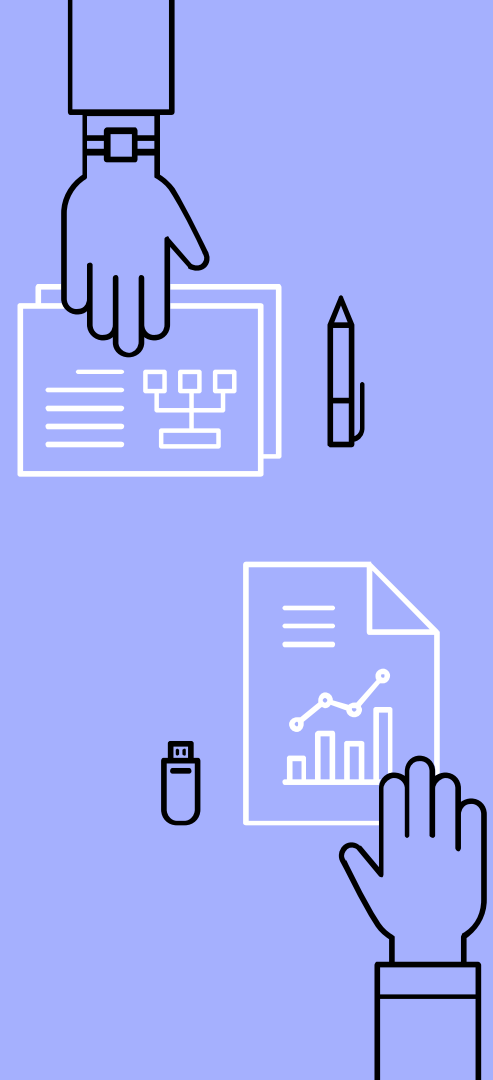
Avoid blame

Model good coping skills

Console Them

Validate their feelings

Call it a night for homework/wake up early



Window of Opportunity for Influencing

- ▶ Discuss the “episode” and boundaries
- ▶ Reach out to teachers to see how your child uses their time and opportunities
- ▶ Remind your child of the goal (learning to study, becoming an independent learner)



It is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings.

--Ann Landers

