

# Hot Topic Session 3: Developing Positive Student and Family Mindsets for Distance Learning

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# Session Topics

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1. Growth Mindsets in Distance Learning
2. Attitudes and Habits that Support Distance Learning
3. Mindset Strategies for Successful Distance Learning

MISTAKES ARE  
PROOF  
YOU ARE  
TRYING

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MISTAKES ARE  
PROOF  
THAT YOU'RE  
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# Growth Mindsets in Distance Learning

Mindframes focus on self-regulation- or the ability to control and direct one's behavior, emotions, and thoughts- in the pursuit of long term goals. These are the habits we hope to foster in children and youth- and once these habits are attained, the result is that children go on to become their own teachers in learning and life.

*Distance Learning Playbook for Parents (Wiseman, Fisher, Frey, Hattie)*

Growth mindsets , which are a way of thinking about a particular circumstance, have the power to inspire different goals and shape views about effort.

*Growth Mindset (Carol Deweck)*





# How do we develop student and family mindsets to benefit Distance Learning?



# 1. Foster Students' Resiliency Skills

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These Social Skills include all of the acceptable behaviors students have learned to improve social interactions between peers or with adults.

Students with a Growth Mindset:

- Know where they are going and have the confidence to take on new challenges
- Seek feedback and recognize that errors are opportunities to learn

## 2. Develop Students' Self-Regulation Skills

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These Management Skills focus on a learning goal despite obstacles including avoidance of distractions or temptations to prioritize higher outcomes such as self-discipline and self-control.

Students with a Growth Mindset:

- Know their current level of understanding, feeling and behaving
- Monitor their progress to adjust learning

# 3. Encourage Students' Perseverance Skills

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These Learning Skills include all of the learning processes students use in thinking, remembering, and understanding.

Students with a Growth Mindset:

- Select tools to guide their own learning and interests
- Reinforce their own learning by teaching others



# In summary...

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*All students need a safe space to try, and sometimes even fail, and the support of their families and teachers to see, talk, and listen to them on their distance learning journey.*



# Take-Away Task

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## Support a Growth Mindset in Distance Learning:

- ❑ Monitor your words and conversations with your child to encourage what and how they learned instead of what or how they did.
- ❑ Celebrate effort and progress towards learning and improvement goals.
- ❑ Motivate with love, praise and encouragement rather than consequences.
- ❑ Recognize the value and unique talents of each child.
- ❑ Maintain high, but reasonable, expectations for your child.
- ❑ Give your child the opportunity to struggle and problem solve their challenges.
- ❑ Provide opportunities for your child to make developmentally appropriate decisions to develop their sense of autonomy and confidence.

# Join us for our next session...

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- Session 1** Establishing a Foundation for Distance Learning
- Session 2** Addressing Equity in Distance Learning
- Session 3** Developing Positive Student and Family Mindsets for Distance Learning
- Session 4** Fostering Student and Family Well-Being in Distance Learning
- Session 5** Prioritizing Core Instructional Values in Distance Learning
- Session 6** Supporting Early Learners in Distance Learning
- Session 7** Engaging Adolescents in Distance Learning
- Session 8** Implementing Best Practices for Family Engagement in Distance Learning
- Session 9** Family Engagement in Distance Learning: Exemplars From the Field