



West Sylvan is dedicated to empowering students, to ensuring they have a wide variety of learning strategies for success and to helping them become lifelong learners.

The middle school years are marked by great change as students gain independence and strive to stake their own path. This year, in order to better support students, we are increasing our efforts to help students develop a growth mindset. A growth mindset stresses the importance of effective effort, strategies for learning and reaching out to others when we hit a roadblock. We want to ensure that every student feels comfortable to take academic risks and realizes that setbacks, and failures, are opportunities for learning and growth.

It will take all in the community, working together, to develop a culture that celebrates process and growth and allows students to change their perspectives about intelligence, learning, and their ability to grow. Throughout the year we will be reaching out to let you know what we are doing here at school, provide research and resources for you at home and work to ensure that these important conversations are occurring throughout the community.

Below we have provided resources for you at home. Please visit this page often as we will be adding to the collection throughout the year as our work with students and faculty progresses.

Ted Talks:

The Power of Belief – mindset and success, Eduardo Briceño

(<https://www.bing.com/videos/search?q=the+power+of+belief+video&docid=608026921835169633&mid=C92F0435D2EDA840B188C92F0435D2EDA840B188&view=detail&FORM=VIREHT>)

A Study of Praise and Mindset

(<https://www.youtube.com/watch?v=NWv1VdDeoRY&feature=youtu.be>)

The Power of Believing You Can Improve, Carol Dweck

(https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve)

How you can be Good at Math, and Other Surprising Facts about Learning, Jo Boaler

(<https://www.bing.com/videos/search?q=https%3a%2f%2fjo+boaler+ted+talk&view=detail&mid=BF4B78B6819B23C367B9BF4B78B6819B23C367B9&FORM=VIRE>)

Grit: The Power of Passion and Perseverance, Angela Duckworth

(https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance)

Articles:

6 Questions to help your child work through a mistake

(<http://www.mothering.com/articles/teach-child-gently-work-mistake-5-questions>)

Talking about failure: What parents can do to help motivate students at school

(<https://www.kqed.org/mindshift/45022/talking-about-failure-what-parents-can-do-to-motivate-kids-in-school>)

Helping kids take criticism, even when it's not constructive

(http://bms.rfsd.k12.co.us/documents/Helping_Kids_Take_Criticism_Constructively_Even_When_It_Isnt_Constructive_-_The_New_York_Times.pdf)