

# THE STUDY PRO

## Growth Strategies Study Skills Course

**The Growth Strategies Study Skills course provides 4th and 5th graders with foundational strategies to become active, engaged learners and adopt new approaches to plan, manage, and complete their work.**

Core to success in any grade is the understanding that “smart” is a journey. The ability to take risks, make mistakes, and push through obstacles is critical for students as they are consistently introduced to material they do not know “yet”.

This “**don’t know**” → “**know**” cycle requires students to learn strategies to work through the “**don’t know**” phase instead of just giving in to the “**I can’t do this**” mantra. The adoption of a growth mindset and of supporting learning strategies builds the strong foundation that is required for these transitional years.

### Why teach a growth mindset?

A growth mindset is a belief that we can get smarter through hard work and practice. Having a growth mindset means understanding that intelligence can be developed vs. the belief that it is fixed (e.g. either I’m good at math or not).

Struggling with something difficult doesn’t mean you’re not smart; instead it’s a chance to grow your intelligence by using the right strategies. Growth mindset is all about trying hard, getting the help you need, and utilizing different approaches to work through a problem when it’s getting you down.

FIXED MINDSET	GROWTH MINDSET
“The door is either open or closed.”	“There’s a way to open the door.”
“I’m no good at math (science, art, music).”	“Thinking skills can be developed.”
“My talent is fixed.”	“Brains and talent are just the starting point.”
“Effort is for those that don’t have ability.”	“Success comes from effort.”
“I’m smart if I finish quickly, easily, and/or make no mistakes.”	“I’m smart when I try hard, do something I couldn’t before, confront a challenge.”
“I didn’t get it — I’m moving on or giving up.”	“I don’t get it — can you tell me again?”

## What will students gain from the course?

### 1. They will understand and (begin to) adopt a growth mindset.

"Potential" is the capacity to develop skills over time, so it is essential for students to believe that intelligence is something that can be developed. In this class, students will embark upon their growth mindset journey, discovering that learning and stretching are what makes us smart vs. never making mistakes or being "perfect."

### 2. They will understand that "strategies" are different tips, tricks and approaches for solving problems and approaching work.

To fuel perseverance, creativity, and work ethic, students need to employ a toolbox of "strategies". These are the approaches they will use to get work done efficiently, to attack a problem from a new way, and to persist through frustration. "The more strategies I know and use, the better student I will become."

### 3. They will learn that what they may think is failure is just learning in disguise.

To develop our brains over time, we need to feel safe taking risks and trying new approaches. No one can learn or improve without mistakes, yet often students feel as if they are expected to have all the answers right, all the time. While they are working to master material and are trying to improve, they are in what we call the "Learning Zone." They will learn "I may not get answers right, I may fail, but I will know that means I'm learning."

### 4. They will learn new skills to organize, plan, start, and complete work.

Every student needs personalized approaches that make it easier for them to push through the process of learning. Whether organizing work, writing a paper, or learning from mistakes, they will learn the strategies that are required for independent learning. Our goal is a student that says "I know how I learn best and how a strategy 'system' will help me get my work done more efficiently and effectively."

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## Course Outline

### **Day 1: Introduction to Growth Mindset (With Parents - 2 hours)**

Begin to understand and develop a growth mindset. Evaluate your own mindset, develop strategies to change your mindset, and learn to be comfortable in the "learning zone." With the help of parents, identify current academic strengths and needs.

### **Day 2: Organization and Healthy Homework Habits**

Understand the importance of healthy homework strategies and routines. Prepare an organizational system to appropriately manage materials. Practice strategies to manage attention and frustrations while working.

### **Day 3: The Homework Plan**

Learn new planning and time management skills. Create a month-at-a-glance calendar and nightly homework plan. Learn methods to prioritize and create a rhythm for work to maximize efficiency.

### **Day 4: Strategies for Independent Learning**

Learn and practice effective strategies for: reading, writing, understanding and following directions, note-taking, and test-preparation.

### **Day 5: Learning from Mistakes (With Parents - Last Hour)**

Discuss the importance of risk taking. Evaluate mistakes as an opportunity for growth. Share individualized strategies on the Growth Mindset Action Plan. Set goals and create a plan to achieve them (with parents).

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## Parent Involvement

Parents are an influential part of 4th and 5th grade learning. As such, we want to share how to best support your students in their journey to develop a growth mindset and improved study strategies. We ask parents to select course dates when they are able to participate for the full 2 hours of Day 1 (Introduction to Growth Mindset), as well as for the last hour of Day 5 (Learning from Mistakes).

## Class Size

The Growth Strategies Study Skills Course is limited to 6 students.

## Pricing:

\$850 for 5 session course (10 hours total).

## ABOUT THE STUDYPRO

The StudyPro is the only learning center dedicated to improving the study skills and habits of students. Our programs provide a proven, consistent learning model across all subjects. Our “Essential Study Skills Course” is based on 30 years of helping students become efficient and effective learners. We work with each student to help them craft a personalized strategy to improve their skills, build their confidence, and inspire them to do their best.

**FOR MORE INFORMATION PLEASE VISIT OUR WEBSITE:**

[www.TheStudyPro.com](http://www.TheStudyPro.com)

**Questions?** Please email [info@thestudypro.com](mailto:info@thestudypro.com)

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