

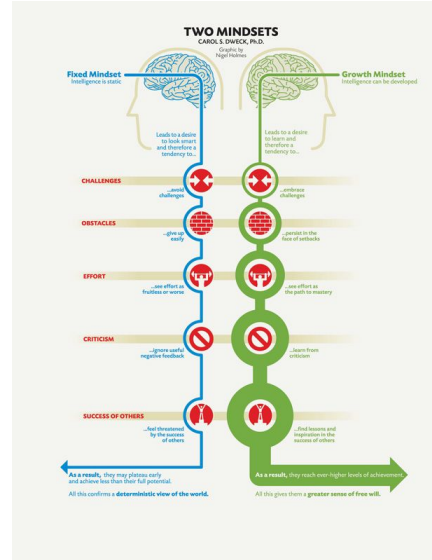
# Session 1 - Math Talk

Family Webinar Series

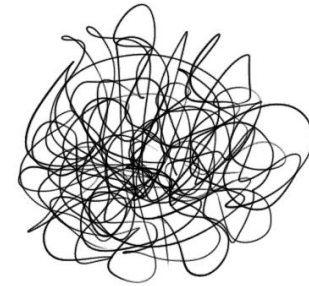
# Session Topics

## Mathematical Mindset

### When Frustration Occurs



FRUSTRATION

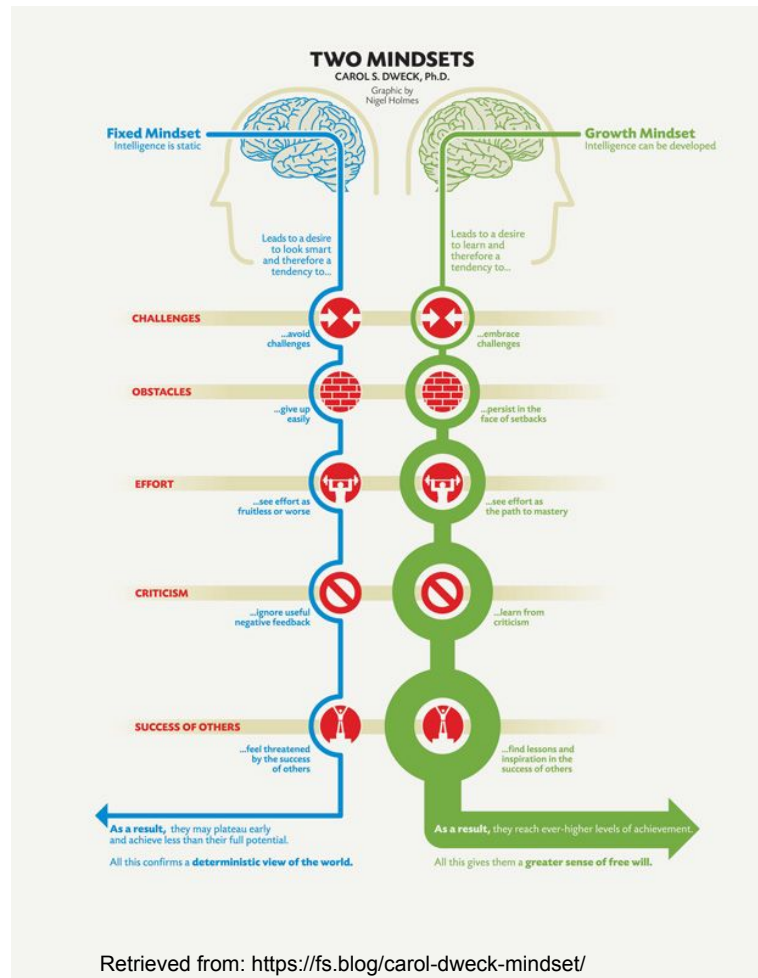


AN EMOTION THAT OCCURS IN SITUATIONS  
WHEN I AM BLOCKED FROM REACHING A  
DESIRED OUTCOME

# Mathematical Mindset

- How parents' messaging to students matters
  - "I am/was not a math person."
  - There is not such thing as a math person or a math brain.
- Mistakes grow our brains, embrace mistakes
  - Cognitive/Productive struggle
  - All students can learn math at high levels.

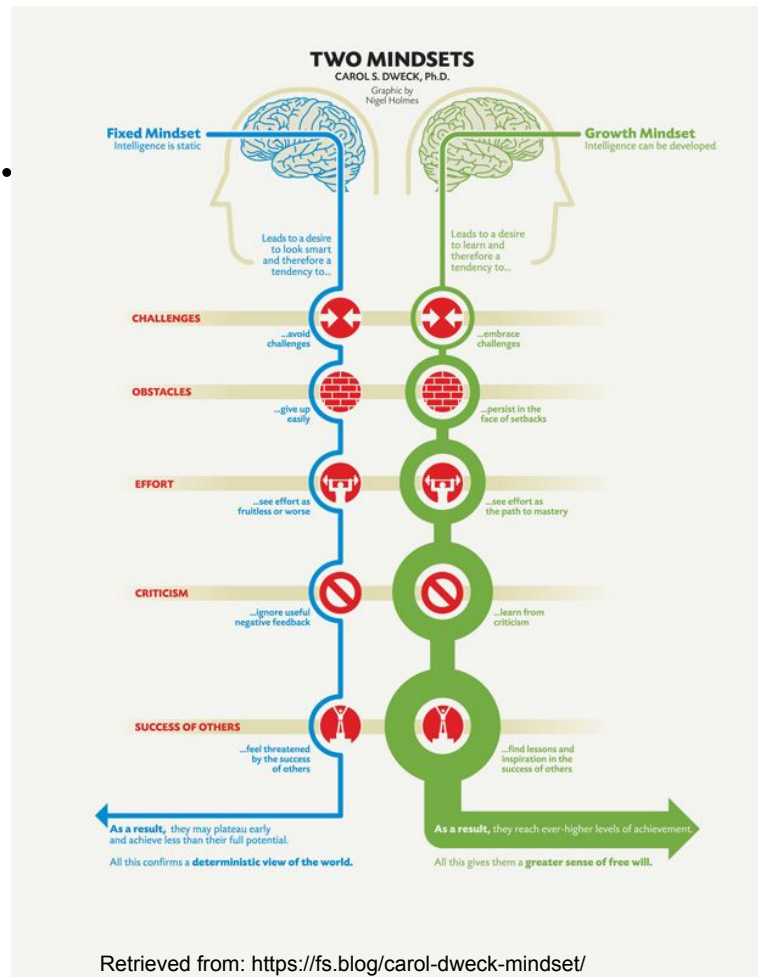
For additional learning, a [short talk](#) from Carol Dweck or [this article](#)



# Mathematical Mindset cont...

- Praise effort, not only answers
  - Say “It is great that you have learned that” instead of “You are so smart.”
- For students drawn to math
  - Encourage reasoning, critical thinking, and open-ended thinking
    - “What different ways could we figure this out?”
    - “How could we show this in visual form?”

For additional learning, a [short talk](#) from Carol Dweck or [this article](#)



# Growth Mindset Example in Math

Can you find every number between 1 and 20 using only four 4's and any operation?

For example:

$$8: (4 \times 4) - 4 - 4$$



# When Frustration Occurs

- Students engaging in homework can be challenging
- If student shows frustration at home with math, consider:
  - Allowing a break and returning to it later
  - Asking questions or offering statements like:
    - Can you share your thinking (or method) with me?
    - Can you try a different way of solving this?
    - What is the question asking you?
    - I am glad your brain is working hard on this, mistakes grow our brains.
- Stop.
  - Write a note to the teacher about the challenge experienced.
  - Let your student know stopping for now is okay, and learning with their teacher may be helpful instead.



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Retrieved from  
<https://ethical-leader.blog/2020/12/21/feeling-frustrated/>

Additional reading [here](#)

# Share your feedback

- Questions or experiences you would like to share with the PK Team? [Click here](#) or scan the QR Code.
- Similar questions may be used (anonymously) to inform future webinar content



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