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

Retrieved from: https://fs.blog/carol-dweck-mindset/
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?”

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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.

Additional reading [here](https://ethical-leader.blog/2020/12/21/feeling-frustrated/)
Share your feedback

- Questions or experiences you would like to share with the PK Team? [Click here](https://pkyonge.ufl.edu) or scan the QR Code.

- Similar questions may be used (anonymously) to inform future webinar content

Scan with your ‘photo’ app to access feedback/questions form