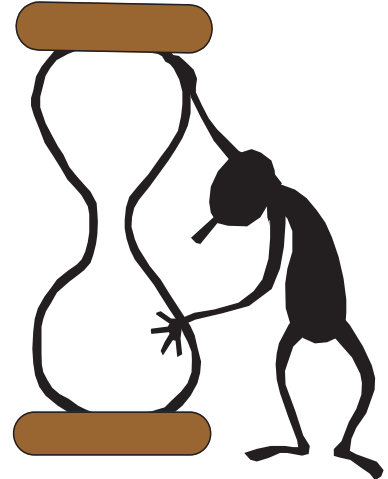


# Promoting Academic Success at Home

## Academic Engagement

*(Commitment to school work and value placed on academics)*

- Reinforce strong academic performance
- Show interest in homework and classroom activities
- Help your child develop good study habits and time management skills
- Provide a quiet study environment
- Set a schedule for homework and recreation
- Learn about the academic resources available to your child
- Brainstorm study distractions and ways to address them
- Review consequences and challenges of procrastination



## Academic Self-Efficacy

*(Confidence in ability to succeed academically)*

- Have high but realistic expectations for your child's academic performance
- Communicate those expectations and ask your child about their own expectations
- Encourage your child when they feel challenged
- Use praise and positive feedback for hard work and accomplishments
- Provide opportunities for your child to experience success
- Help your child reflect on their strengths and be able to talk about them to others
- Reframe negative feedback as a learning opportunity and set goals for remediation
- Facilitate high self-efficacy beliefs by encouraging your child to be a mentor or tutor



## Educational Commitment

*(Dedication to obtaining diploma)*

- Be involved as your child selects classes for the upcoming semester
- Inquire about your child's future goals and plans
- Emphasize the relationship between education and a future career
- Express your desire, hopes, and expectations for college or future education (e.g., apprenticeship)
- Learn about college right along with your child (e.g., ACT, financial aid, scholarships, admissions requirements, etc.)
- Take your child for a tour of a college campus
- Share your own experiences in education and career
- Explore [www.UtahFutures.org](http://www.UtahFutures.org) with your child—take a career assessment, read about occupations, relate self-knowledge to career paths

# Continued...



## **Social Comfort**

*(Comfort in social situations and ability to communicate well with others)*

- Encourage your child to meet and interact with others
- Provide opportunities for your child to have positive experiences working with others
- Help your child learn how to resolve conflict effectively
- Share your social anxieties and how you overcame them
- Promote the use of empathy (taking the perspective of another person)
- Listen as your child practices their oral presentation/speech

## **Campus Engagement**

*(Involvement in school activities and felt connection to the school)*

- Support your child's participation in school activities/events
- Attend school activities your child is involved in
- Read newsletters and notes from school together
- Join the PTA/PTSO and become involved
- Speak positively of the school and display your school spirit proudly
- Share personal experiences getting involved in school

## **Resiliency**

*(Approach to challenging situations and stressful events)*

- Help your child learn how to manage difficult situations (e.g., deep breathing, affirmations, etc.)
- Model stress management and positive coping
- Watch for signs of failure or frustration and provide guidance
- Listen to your child talk about things that are stressful giving them your full attention
- Offer to talk through a problem with your child and help them brainstorm potential solutions

