

## How can I help my child succeed?

### Top five messages parents can pass on to encourage their child's learning.

**"My Parents are very supportive."** (Year 7 Boy)

This was the overarching message received from the students of St Aidan's involved in research into how parents can best support their child's learning. **96%** of the St Aidan's students involved in this study said that they had someone at home who encouraged them to learn.

Last June St Aidan's students and parents were invited to take part in research to discover the most effective ways parents can support their child's learning. Interest from parents was evident by the large number of responses received. The research focussed on students' and parents' attitudes towards challenge, failure, ownership, expectations and mind-set. Rachel Hall, a Foundation Learning Tutor at St Aidan's conducted this research as part of her Foundation Degree with York St John's University.

Encouragement and support from home is vitally important and has been shown to help increase teenagers in terms of their:

- Academic success,
- Resilience,
- Confidence,
- School engagement,
- Behaviour and
- Love of learning

Some forms of support, however, are more effective in helping teenagers learn than others.

Here are the **top five** messages parents can use to encourage their teenagers to learn:

1. Embrace your **failures** and mistakes, and learn from them.
2. See **challenges** as your route to being stretched and developed. Don't just stick with what you know.
3. Recognize that your skills, abilities and intelligence will **grow** with effort; it's not just about talent. Effort overtakes talent in the end.
4. Take greater **ownership** of your own learning. Think about what you want to achieve and about what learning techniques might help you.
5. Aim high. Having **high expectations** of where learning can take you will help you get there.

In our research, teenagers reported that these were the messages that most encouraged them to learn and keep on learning. This matches current educational research findings. Our research also showed that parents who strongly believed that failures should be embraced and learnt from, gave the most consistently encouraging messages about challenge, growth, ownership and expectations.

Rachel Hall wishes to pass on her thanks to all the parents, students and staff who participated in her research. Full copies of the literature review, finding and conclusions can be obtained by emailing Rachel Hall at [1705690@leedstrinity.ac.uk](mailto:1705690@leedstrinity.ac.uk)



5. Having **high expectations**  
of what learning can achieve.

4. Encouraging **ownership** of learning

3. Believing that skills and abilities can be **grown**  
through effort

2. Being stretched by **challenge**

1. Embracing and learning from **failure**

## The Building Blocks of Success