

ASSESSING YOUR CHILDREN'S LEARNING HABITS

Consider the following learning habits as they relate to your children. Evaluate your children's strengths in each area by marking an "E" for excellent, "S" for satisfactory, or "N" for needs work. Then look for opportunities to build on strengths and work on weaknesses.

	CHILD 1	CHILD 2	CHILD 3
Motivation			
Child believes that her efforts make a difference and that she can succeed if she tries.	_____	_____	_____
Child believes it's worth trying even if it's hard, because it makes her feel successful.	_____	_____	_____
Child believes being smart is not just something she is born with, but something she can develop through her own efforts.	_____	_____	_____
Attention			
Child can stick with a project or task for a reasonable length of time.	_____	_____	_____
Child can persist if a task doesn't come easily.	_____	_____	_____
Child can shift attention when needed.	_____	_____	_____
Language			
Child can listen and remember what he hears.	_____	_____	_____
Child can express an idea with reasonable ease.	_____	_____	_____
Child can ask questions and get information.	_____	_____	_____
Child can take turns appropriately in conversations.	_____	_____	_____
Memory			
Child is aware that remembering things is important.	_____	_____	_____
Child uses memory "tricks" to remember certain things.	_____	_____	_____
Child knows that remembering takes effort.	_____	_____	_____

	CHILD 1	CHILD 2	CHILD 3
Problem Solving			
Child will try alternative ways to solve a problem.	_____	_____	_____
Child has confidence that she is a good problem solver.	_____	_____	_____
Child realizes that it's up to her to solve her own problems.	_____	_____	_____
Child knows that it feels good to solve a problem after "messing up" several times.	_____	_____	_____

Mindfulness			
Child takes the time to think about things.	_____	_____	_____
Child hears parents talk about the way they think about things.	_____	_____	_____
Child knows that he is responsible for the quality of his work.	_____	_____	_____
Child knows he must be able to talk about the ideas in what he is reading (rather than just sounding out words without much thought).	_____	_____	_____

Modified and adapted with permission from: *Helping Your Child Succeed in School: A Guide for Parents of 4 to 14 Year Olds*, by Popkin, Youngs, and Healy, Active Parenting Publishers, Atlanta, Georgia, 1995. Refer to this excellent resource for more in-depth information.