

G L O W S G R O W S

WHAT IS GLOWS & GROWS

Glow & Grow is the social emotional reflection that is part of the Grade Determination Process for Standards-Based Grading.

GLOWS

- Things that brought positive feelings
- Things that you accomplished and made you feel proud and successful

GROWS

- Things that brought negative feelings
- Areas where you still need to grow more skills

WHY GLOWS & GROWS

The purpose is to give students an opportunity to reflect on their emotions and understand the role of emotions in their learning during the past quarter.

THE HOW OF GLOWS & GROWS

Focuses on . . .

- Building self-confidence
- Learning & exploring new things about themselves
- Being open to receiving both positive and negative feedback from teachers
- Building resiliency and recognizing perseverance
- Maintaining positive and productive relationships with teachers, support staff, and peers

TALKING POINTS FOR FAMILIES

[HTTPS://WWW.MINDSETWORKS.COM/PARENTS/GROWTH-MINDSET-PARENTING](https://www.mindsetworks.com/parents/growth-mindset-parenting)

- To build self-confidence:**
"I noticed how hard you worked on this."
- To learn & explore new things about themselves:**
"It might be helpful to try or explore a new way of doing this."
- To be open-minded about teacher feedback:**
**Use it as an opportunity to practice receiving both positive and negative feedback.*
"You're getting closer to understanding this, but you're not quite there yet. What strategies can you try to get there?"
- To encourage resilience and perseverance:**
"That was really hard and your effort really worked. Now that you have seen some success, hang in there so you will be ready for the same kind of challenge next time."
- To have good working relationships with teachers:**
"Your teachers are there to help you, so keep an open mind. You may not always agree, but stay focused on your learning."
"Office Hours are additional opportunities to get extra help and for your teacher to get to know you and how you learn."

REFLECTING WITH YOUR CHILD

- Recognize successes
- Discuss areas for growth
- Identify one or two goals that you would like to set for the next quarter.
- How can I support you with meeting your goals? Make a plan together.

