

Mentors, Mindsets & Role Models

PARENT-TO-PARENT MENTORING

Region One ESC GEAR UP Project

University of Texas-Pan American

GEAR UP Project

Edinburg, Texas



Texas GEAR UP Promising Practice

This program has been recognized as a Texas GEAR UP Promising Practice by the Texas Education Agency and Texas GEAR UP. The model is featured in the 2009 "Mentors, Mindsets & Role Models" toolkit designed to assist schools, districts, and community groups in their efforts to create or expand mentoring opportunities.

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www.texasgearup.com

What Can I Do at School?

What Can I Do at Home?

You can strengthen the connection with school if you:

- Attend open houses and back-to-school nights.
- Attend school programs.
- Read the school newsletter.
- Join the parent-teacher association.
- Take part in afterschool events.
- Get to know your child's teachers.
- Support your child in school activities.
- Spend time at the school as a volunteer or visitor. By doing so you can find out:
 - * How your child is doing with class work.
 - * How your child interacts with other children.
 - * Whether the teacher is having any discipline problems.

If you can't spend time at school because of work and other commitments, you can still connect from home. For example, you could:

- Offer to call other parents to notify them of school events.
- Help edit the school newsletter.



Parental Involvement=

STUDENT SUCCESS



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WHY GET INVOLVED?

Research reveals many benefits when parents are involved in their child's education, including:

- Higher grades and test scores.
- Better attitudes and behavior.
- Better school attendance.
- More homework completed.
- Greater likelihood of graduating from high school.
- Better chance of enrolling in postsecondary education.
- Showing an interest in your child's education, setting high expectations for achievement and letting your child know you believe in his or her abilities sets a positive context for growth and achievement.

HOW DO I GET INVOLVED?

Make school important. You can reinforce the importance of school if you:

- Speak positively about your child's teachers and counselors.
- Talk to your child about the benefits of education.
- Make sure your child gets to school on time.
- Attend open houses and parent-teacher conferences.
- Answer notes and calls from your child's teacher.
- Encourage reading and writing. You can help your child perform better at school if you:
 - * Keep books, magazines and newspapers in your home.
 - * Take your child to the library.
 - * Discuss what your child reads.
 - * Read with your child.

- * Encourage your child to write notes to grandparents and other relatives.

HOME ENVIRONMENT

You can foster school success at home if you:

- Make sure your child arrives at school well-rested.
- Make sure your child has a good breakfast before school.
- Set a regular time and ensure a quiet place for your child to do homework.
- Ask your child what he or she has learned in school each day.
- Limit his or her television, computer and video game time.
- Praise and encourage your child.
- Celebrate your child's successes.

TEACHABLE MOMENTS

You can turn ordinary time together into teachable moments if you:

- Use car time to talk to your child (about what you see from the car, about his or her day, about your day).
- Plan to eat at least one meal each day as a family and use this time for positive family discussions.
- Let your child help prepare the meal, and talk about each step.
- Look for things to do together as a family.