



University of British
Columbia
Vancouver, Canada

FACULTY OF EDUCATION

Department of
Curriculum and Pedagogy

Supporting Your Children:
7 tips for successful transition to post-
secondary education
支持您的孩子：七个成功过渡到大学教育的 技巧

Seminar for Parents

Science and Mathematics Education
Research Group
科学与数学教育研究组

December 3, 2021, 9 am - 11 am PST

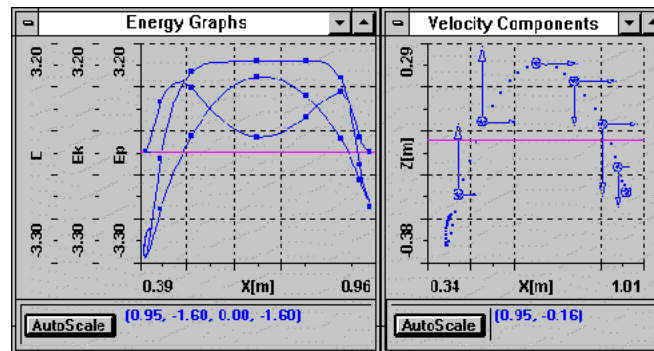
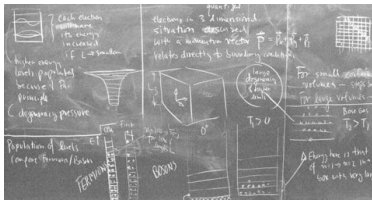


Dr. Marina Milner-Bolotin

- **Professor:** Science Education researcher at the Department of Curriculum and Pedagogy, Faculty of Education, University of BC, Vancouver, Canada **教授** : 加拿大英属哥伦比亚大学教育学院课程与教学法系科学教育研究员
- **Educator:** Taught **F2F and online** K-12 and post-secondary STEM courses in Canada, US, China, Israel **教育工作者** : 在加拿大、美国、中国、以色列面授及在线教授基础教育和高等教育阶段的STEM 课程
- **Outreach leader:** Developed innovative STEM outreach **拓展领导者** : 开发创新的STEM拓展活动
- marina.milner-bolotin@ubc.ca & <http://blogs.ubc.ca/mmilner/>

My Own Education Journey

我自己的教育之旅



V-scope







More Information

DR. MARINA MILNER-BOLOTIN

Thoughts on Science & Math Education



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Science & Math Outreach

Online M.Ed. in Sci. Ed. Program @ UBC

Posted: September 7th, 2021, by Marina Milner-Bolotin (edit)

Dear Science Educators:

Today is an exciting day for many of us in British Columbia, as we are starting our new academic year. It is especially exciting as many of us who had to teach online can return back to our campuses. While online education has its advantages, seeing students in person is also very important. I hope this year we will return to normalcy. I wish you a healthy, productive, collaborative, and intellectually exciting year. I hope it will be a great year for our students and teachers!

As I am writing this, I am thinking of my upcoming year here at UBC. I always look forward to meeting new physics teacher-candidates and getting to know the next generation of physics educators in BC. These are the people who inspire and challenge me to try and get better at what I do. I feel that I have been a student all my life and I am happy about it.

Search

Recent Posts

Online M.Ed. in Sci. Ed. Program @ UBC
Academic Year 2021-2022: New challenges, new possibilities, and new hopes
Summer course EDCP 544 – Final Projects

<http://blogs.ubc.ca/mmilner/> and marina.milner-bolotin@ubc.ca

7 Tips for Successful University Transition

成功过渡到大学教育的 7 个技巧

1. Be a good listener and maintain open communication 做一个好的倾听者并保持开放的沟通
2. Make reading a part of your children's life 让阅读成为孩子生活的一部分
3. Help your children acquire time management skills 帮助您的孩子掌握时间管理技能
4. Nurture children's Growth Mindset 培养孩子的成长心态
5. Help them overcome failures, be resourceful and resilient 帮助他们克服失败，足智多谋与坚韧
6. Help them find their passions 帮助他们找到自己的热情
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1

Be a Good Listener & Maintain Open Communication

做一个好的倾听者并保持开放的沟通

1. Engage in **active listening** (in a car, on a walk...) **积极倾听**（在车里，散步.....）
2. Don't diminish their problems **不要轻视他们的问题**
3. Acknowledge that your experience might be very different from theirs **承认您的经历可能与他们的非常不同**
4. Pay attention to nonverbal communication **注意非语言交流**
5. Don't force them to talk but be there for them **不要强迫他们说话，而是要支持陪伴**
6. Offer help but don't force it **提供帮助但不要强迫**
7. Problem solve together **一起问题解决**
8. Discuss the coping skills that you find useful **讨论您认为有用的应对技巧**

1

Active Listening 积极倾听

6 KEY ACTIVE LISTENING SKILLS



1. PAY ATTENTION.



2. WITHHOLD JUDGEMENT.



3. REFLECT.



4. CLARIFY.



5. SUMMARIZE.



6. SHARE.

1、关注 2. 迟做判断 3. 反思 4. 阐明 5. 总结 6. 分享



Center for Creative Leadership®

2

Make reading a part of your children's life 让阅读成为孩子生活的一部分

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2

Make Reading Part of Their Life 让阅读成为他们生活的一部分

1. Develop cognitive skills, critical & analytic thinking 培养认知技能、批判性和分析性思维
2. Develop their imagination and creativity 开发他们的想象力和创造力
3. Learn to communicate clearly and eloquently 学会清晰而充足地沟通
4. Expand your vocabulary, mastering the language 扩大词汇量，掌握语言
5. Building your confidence and self-esteem 建立你的自信和自尊
6. Find yourself 找到你自己
7. Keep entertained and meaningfully connected with others 保持愉悦并
与他人建立有意义的链接
8. Becoming a well-read grounded individual 成为一个有良好阅读基础的人



2

Make Reading Part of Their Life 让阅读成为他们生活的一部分

APRIL 10, 2019

AT WHAT COST SOCIAL MEDIA: ARE PEOPLE STILL READING?

CONTACT



By Emma Maurice, US intern at Instinctif Partners

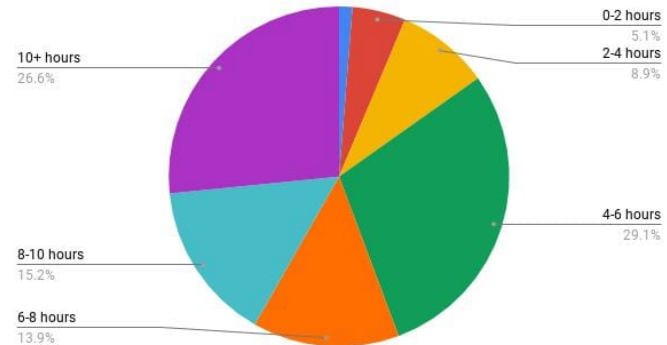
Leisure reading is currently at an all-time low in the US, with the amount of Americans who read for pleasure each day having fallen by more than 30 percent since 2004, according to the latest [American Time Use Survey](#) which nationally pulls a representative sample of roughly 26,000 people. Other studies paint a similar picture when it comes to reading in the UK.

Although we may solely look to young people for leading the decline in literacy rates, the "survey data displays decline in leisure reading across all age levels," with the decline seen most in Americans aged 35-44.

<https://instinctif.com/insights/cost-social-media-people-still-reading/>

- 79 out of 80 participants said they use social media
- 82% of students spend at least 4 hours per week on social media apps

Time Spent on Social Media



A MAJORITY OF STUDENTS SAY THEY USE SOCIAL MEDIA FOR 4-6 HOURS A WEEK.

- 55% of students spend 2-6 hours per week reading for school
- 59% of students spend less than 2 hours per week reading for pleasure
- Majority of students check social media frequently and are easily distracted by social media while studying

<https://wp.wvu.edu/socialmediaandstudyin/our-research/>

3

Help your children acquire time management skills 帮助您的孩子掌握时间管理技能

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3

Help Them Be Organized 帮助他们自我管理



5 D's of time management 5D时间管理

Do (don't procrastinate what needs to be done) 做 (不要拖延需要做的事情)

Defer (delay) 延迟

Delegate 代理

Delete (Drop) 删除

Discuss (get help)
讨论 (获得帮助)

4

Nurture Children's Growth Mindset 培养孩子的成长心态

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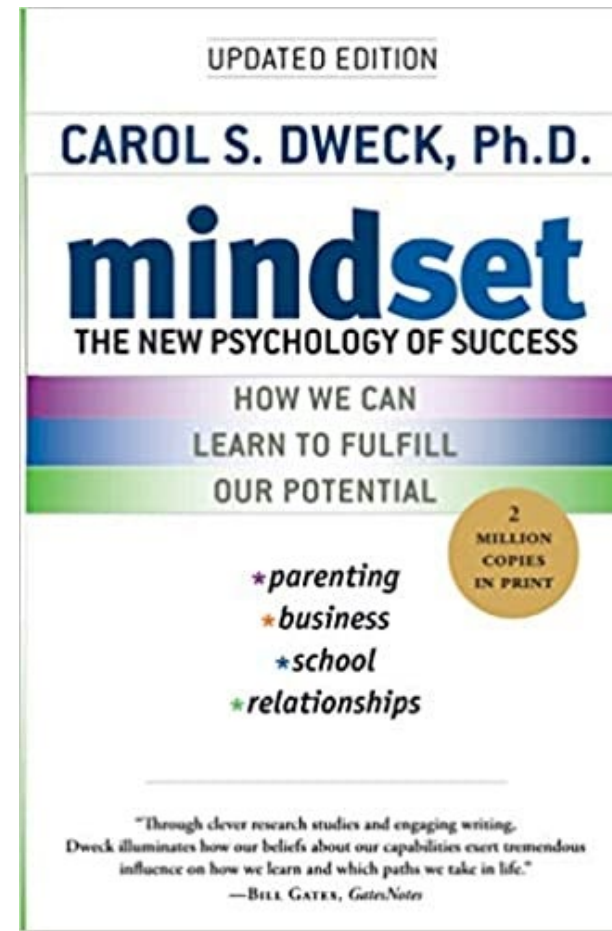
4

Nurture Growth Mindset 培养孩子的成长心态

- Read Carol S. Dweck's book "Growth mindset". Discuss it with your child: 阅读 Carol S. Dweck 的《成长心态》一书。与您的孩子讨论：

You learn one of two mindsets from your parents, teachers, and coaches: **that personal qualities such as intelligence are innate and unchangeable (a "fixed" mindset)** or **that you and others can change and grow (a "growth" mindset)**. This view shapes your personality and helps or hinders you from reaching your potential.

您从父母、老师和教练那里学到了两种心态中的一种：智力等个人品质是与生俱来且不可改变的（“固定心态”），亦或是您和其他人可以改变和成长（“成长心态”）。这种观点塑造了你的个性，有助于或阻碍你发挥潜力。



5

Help them overcome failures, be resourceful and resilient

帮助他们克服失败，足智多谋与坚韧

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5

Help them overcome failures, be resourceful and persevere 帮助他们克服失败，足智多谋和坚持不懈



Students often do not use the resources offered by professors as they are afraid to show their lack of understanding. Thus, they turned to outside people promising fast exam preparation or other miracle remedies for lack of academic success. 学生往往不使用教授提供的资源，因为他们害怕表现出理解的不足。因此，他们求助于外界快速备考或其他奇迹般的补救措施，以应对学业上的失败。



6

Help them find their passions 帮助他们找到自己的热情

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6

Help them find their passions 帮助他们找到自己的热情

1. Encourage them to take an elective that they find interesting 鼓励他们选修他们觉得有趣的选修课
2. Help them consider their skill set 帮助他们考虑他们的技能
3. Discuss with them their interest 与他们讨论他们的兴趣
4. Consider future possibilities: industry, grad school, etc. 考虑未来的可能性：从事行业、研究生院等
5. Help them explore Interests & Options 帮助他们探索兴趣和选择
6. The goal is not to finish it fast but to build a career 目标不是快速完成，而是建立事业

7

Be a role model for your children 成为孩子的榜样

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7

Be a role model for your children 成为孩子的榜样

1. They might not have extended family to look up to 他们可能没有值得尊敬的大家庭
2. They might feel lonely in college and disconnected 他们可能会在大学里感到孤独，感到与世隔绝
3. They should realize that you struggle as well, and not everything is easy for you 他们应该意识到您也在挣扎，而不是一切对您来说都是容易的
4. **If something is difficult, it doesn't mean they should not try it.** Share with them your challenging experiences 如果某件事很困难，并不意味着他们不应该尝试。与他们分享您具有挑战性的经历
5. Sometimes colleagues open possibilities they hadn't consider before. Maybe it happened to you as well...有时同事会打开他们以前没有考虑过的可能性。也许这也曾发生在您身上.....
6. Encourage them to attend public lectures, meet new people... Have you done it? 鼓励他们参加公开讲座，结识新朋友.....您做到了吗？

Questions & Answers 问答环节



Rocky Mountains in Canada
加拿大落基山脉