Information for HSC students and their parents: This year’s HSC results will be delivered to students by email and SMS from 6am on Wednesday, 16 December 2015. As in previous years, they will also be available to students via their secure Students Online accounts.

The Presiding Officer has distributed a personalised “Student Details Form” to all students. Most students were given these forms after the second HSC English examination on Tuesday. Please encourage your son to log in to Students Online and check that their details are correct. If they have any questions, they should ring the Inquiry Centre on 1300 13 83 23.

Zero Robotics: Normanhurst Boys High have a team entered in this year’s international Zero Robotics event. They will be competing against teams from Greece, Italy, Russia, United States as well as other Sydney schools for the right to control NASA’s space station robot. During the 2-D challenge our team, “Apopapsis”, managed to secure 62nd place from the 146 teams competing and a position in the next round. This was after a one day workshop during the holiday period. Team Flight Commander Gougousidis is confident of a higher placing in the 3-D round.

Our Team: Nathan Goh Harry Gougousidis Nicholas Hiebl Elvin Keung Declan McDonnell Lachlan Miskell James O’Brien Kevin Peng Virushan Sritharan Ian Thorvaldson Jash Vanjara

Please support our team by following their progress and checking out the 3-D leader board. You can also watch the simulations played out by rival teams and suggest strategies to help take Normo into space. The next stage of the competition requires a top 80 finish where alliances will be made to compete in the finals. Good luck boys.

Year 11 Information Evening:
Thank you to all of the parents and students who attended the information evening last week. It was a long but very informative evening covering topics including:

- BOSTES procedure for Change of Course
- Update on HSC Rules and Procedures
- Sleep and Academic Performance
- Maximising Success
- Identifying Stress and when to be concerned
- Developing a Growth mindset

Thank you also to our presenters and organisers:
Ms Cousins (Year 11 Adviser); Mr Randall (HT Senior Studies); Ms Harman (Deputy Principal); Dr Carmel Harrington BSc, PhD, LLB, DipEd, (Managing Director Sleep for Health); Mr Howell (Assistant Year Adviser); Mr Briefrel (Head Teacher English) and Ms Thomas (Head Teacher Welfare).

Thank you also to the P&C who provided refreshments on the night.

Food for Thought: Please note that I will continue to add the occasional scholarly article or provocative and thought provoking item, towards the end of newsletter on a regular basis. This one is called “Science says that parents of successful kids...”
have these 7 things in common”. I’m not convinced about the rigour of the “science” but a lot of this “rings true” and advocates a growth mind set, which is grounded in sound science.

P&C NEWS
Mr Sade Kalasabail, P&C President

Our next P&C meeting will be held on Tuesday, 10 November 2015 in the school library at 7.30 p.m.

Our next Grounds Day (… working bee) for this year/term will be held on Saturday, 7 November (9.00 a.m. – 12.00 noon).

Further information about P&C is available on the school website at http://www.normanhurst-h.schools.nsw.edu.au, under the “P&C” tab along with details of the previous meetings.

SCIENCE FAIR 2015
Ms Tina Konstantopoulos, Science Teacher

It was a great privilege to be asked to be a judge at the Waitara OC science Fair and Dural district OC Fair. On Tuesday Dr Hooper and myself made our way to Waitara Public School to judge these projects. A total of 23 engineering and science projects were presented that afternoon. Yesterday Ms Gibson-Garside and I were invited to judge the final, which was a combination of projects from the OC classes of several local primary schools.

The standard of these projects was amazing and illustrated students’ depth of understanding of the scientific method. Part of the assessment process looked at how well the students understood and were able to explain what their project was about. We were so impressed with how well these children were not only able to articulate what they had done, but the way they were able to answer any questions we had for them. It was clear that they had great passion for their work.

Two students from Oakhill Drive primary school took away first prize for their APSS design, a computer software program which allowed all permission slips for excursions to be completed and recorded electronically saving thousands of trees not to mention dollars per year. It was truly an awesome project that hopefully one day will be implemented in all schools.

A special mention also to Waitara, Dural, and Samuel Gilbert Public Schools who all received the award of Highly commended.

It was a delight to attend these meetings and interact with these lovely young people and their contagious enthusiasm and energy. We look forward to seeing some of the boys at Normanhurst next year.

OLD NORMOS
Ms Margaret Johnson, Head Teacher Administration

JOSH KHOO, CLASS OF 2003

I will now take this opportunity to present a few of my earth-shatteringly monumental accomplishments since graduating from Normo in 2003 as well as provide some sage advice in easily digestible numbered points.

Here’s what happened after school
1. I missed out on the true Asian dream of studying Commerce/Law at USyd so I studied Media Arts & Production/Law at UTS.

2. I became a real estate finance lawyer acting mainly for Asian banks operating in Australia and am now practising in London, doing some exciting but equally mind numbing stuff.

3. I’ve had some adventures - I’ve driven across the US chatting with ranchers and NRA gun-nuts, spent time in rural Japan with samurai descendant steel smiths, been amazed by the ornate mosques and bustling bazaars of Istanbul, Turkey, made fresh pasta and red sauce with a nonna in Padua, Italy and consumed many many pints of Guinness with crazy Irishmen in Dublin.

4. Most importantly and without a doubt the best thing to happen in my entire life, I convinced my wife Anna to marry me.

A few notes on the above (adopting the same numbering)
1. For those wanting to do further study, the universe doesn’t end if you don’t get into whatever course you are aiming for. My second choice turned out to be a hundred times better than my first because the media stuff kept me sane.

2. Most likely, whatever you choose to do will involve some serious hard work. For my job, 60-80 hour work weeks are not uncommon, but that’s part of the territory. I chose (no one forced me) to be a finance lawyer, so that’s the deal.

3. I thought I could have been considered “well-travelled” but despite my efforts to date, it turns out that I’ve only been to 32 of the 207 countries recognised by the UN (i.e. about 15.5% of the world) and that doesn’t even include visiting all the provinces, cities, districts, boroughs, neighbourhoods and communities in the countries making up that tiny percentage. So relatively, I’ve seen and experienced hardly anything. Therefore I think it’s fair to say that relatively, I really know nothing.

4. Figure out what is important to you – this will inform every decision you make. For me, it’s the people closest to me and, for me, these relationships are far more important than whatever job I’m doing or where I studied. But different people have different priorities and that’s ok. They aren’t wrong, they are just different.

So, in short
1. A practical point: it is completely lovely to follow your dream/passion/heart’s desire, but also please consider that you’ll need to support yourself. There, I said it. Of course, the best outcome would be if your passion also made you loads and loads of money.

2. Two flowery but critical points:
   > learn as much as possible; and
   > keep an open mind.
Have you ever thought that you have had an impact on the world? I think that I have had an impact, I hope that the impact I have had on the world will continue to be felt for many years to come.

Question: What inspired you to be a teacher?
Answer: It would be my interest in History and Geography, combined with the passion to teach. Plus I did well in those two subjects back in high school.

Question: Have you ever thought about a different career? If so, what?
Answer: It would either be archaeology or working in a museum, because they are other careers focusing on Ancient History. I visited the British Museum in London in 2013, so maybe working there would be a good alternative career to teaching.

Question: What is the best part about your job?
Answer: The best part about my job is talking about History and Geography each day and teaching people about these subjects. To be able to have my interest and passion about the subject.

Question: What is the worst part of your job?
Answer: The worst part is not having enough time to do what you actually want to do. The things you wish you had time to do, but you just don’t. Being the head teacher, there are plenty of jobs I need to attend to, and there just isn’t enough time to do everything that I’d like to do.

Question: Why did you choose to teach History?
Answer: It would be my interest in History and Geography.

Question: What was it like for you in High School?
Answer: Good, I had a good time, it was a nice place to go where you were always learning new things, hanging out with friends and playing sports.

Question: Which high school did you go to?
Answer: Northmead High School.

Question: How long have you been teaching?
Answer: I have been teaching for 12 years.

Question: Of the years that you’ve been a teacher, which do you think was your most successful? Why?
Answer: The most successful year was probably this year, being promoted to head teacher, being at a selective school and bringing together the Social Science and History departments to create the HSIE department.

Question: Who is your inspiration?
Answer: Martin Luther King, the kind of people who push for things to be changed for the better.

Question: What were your childhood dreams?
Answer: I never had any specific childhood dreams, but perhaps in a dream world it would either be archaeology or working in a museum.

Question: What is the worst part of your job?
Answer: Being the head teacher, there are plenty of jobs I need to attend to, and there just isn’t enough time to do everything that I’d like to do.

Question: What do you hope to achieve by being a teacher?
Answer: To inspire people with the hope that maybe they’ll go on to learn about History and Geography and have a sustained interest about these two subjects, and that they will become lifelong learners.

Question: What is your inspiration?
Answer: World leaders of the past, specifically someone like Martin Luther King, the kind of people who push for things to be changed for the better.

Question: What is the best part about your job?
Answer: The best part about my job is talking about History and Geography and having the chance to make a difference in the lives of young people.

Question: What is the worst part of your job?
Answer: The worst part is not having enough time to do what you actually want to do. The things you wish you had time to do, but you just don’t. Being the head teacher, there are plenty of jobs I need to attend to, and there just isn’t enough time to do everything that I’d like to do.

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Question: What is your inspiration?
Answer: World leaders of the past, specifically someone like Martin Luther King, the kind of people who push for things to be changed for the better.
CAREERS NEWS
Mrs. K Woodhams, Careers Adviser

Important Information – Calendar of Events
Check this calendar for upcoming University Open Days, Parent/Student university nights plus more
Go to: http://www.nbhscareers.com
We also have additional information including a comprehensive calendar on the MhsCareers website www.mhscareers.net
User name: nbhs - Password: careers

Year 12 – 2015
All the best for your HSC Exams.

Interviews – for scholarships & courses
For students where there is an interview component to their course &/or scholarship application please email me if you are successful. We will have an interview information and practice session.
Friday 13 November 11.30am in the library

HSC Test Yourself App
The HSC Test Yourself App makes HSC material more accessible by providing multiple-choice questions from HSC exams. The app’s content comes direct from the Board of Studies and is based on the most current HSC syllabus for each course. It is a mobile app that works on Android phones and tablets, iPhones and iPads.

Year 12 – 2016
NBHS Careers Website
www.nbhscareers.com
I will be emailing year 12 2016 students and parents a comprehensive summary outlining the information available on the school’s careers website. The website has been designed to assist in careers and transition planning. I urge parents to familiarise themselves with the site so they know where to access information over the coming year. ‘All about UAC for Parents’ & All about UAC FAQs about the ATAR can be downloaded.
Go to HSC/RoSA – UAC for Year 12.

Year 12 2016 Year Meeting
Year 12 received a brief overview yesterday of their careers program for 2015-2016. We will be going through this in more detail at upcoming year meetings, The key is not luck it is good management.

Subject Selection for the start of the HSC year
Completed paperwork is to be returned to the Office.

ADAY@UNSW
Thursday 10 December 2015
Year 12 will receive the information/permission note next week.

Year 9
Meeting, recess Monday 19 October, 2015 in Room 1 for the boys wanting a Work Experience placement in a public hospital next year.

UNIVERSITIES
UTS: Men in Nursing
Thu 12 November, 5.30pm, City - Broadway
Learn about what can be achieved in a career as a male nurse. A panel of industry experts will be in attendance to debunk common misconceptions about men in nursing, as well as speak about gender issues in the health industry more broadly.
Contact: health@uts.edu.au
http://www.uts.edu.au/about/faculty-health/events/men-nursing

UTS: New Bachelor of Health Science
A flexible and innovative degree that equips students with qualifications to help make a difference across diverse health care settings.
http://www.uts.edu.au/future-students/health/study-areas-and-strengths/health-science

UTS: Summer School Program
The Summer School Program offers Year 11 students from UTS partner schools the chance to attend intensive two-week summer schools in subject areas like filmmaking, engineering, information technology, design, nursing and midwifery, and science.
Contact: 9514 1084 or cassie.willis@uts.edu.au
http://www.uts.edu.au/future-students/teachers/essential-information/uuni-school-programs/summer-school-program

UTS: Info Days
Fri 18 December, 10.00am – 3.00pm, UTS City Campus, Broadway
Tue 5 January, 10.00am – 3.00pm, UTS City Campus, Broadway
An opportunity to speak with university representatives about course options for 2016.
http://www.uts.edu.au/future-students/undergraduate/essential-information/events-and-info-sessions/uts-info-days

Bond with Bond Sydney
Bond - Medicine or Law?
Tue 10 November, 6.30pm – 8.30pm, Sheraton on the Park, 161 Elizabeth Street
Bond University will be hosting an evening designed to give prospective students and their families the opportunity to meet with others who are considering attending Bond in 2016.
Contact: (07) 5595 3090 or centralevents@bond.edu.au

The University of Sydney: Sydney Summer School
The University of Sydney’s intensive Summer School is offered over three sessions from December to February. Students may study as a non-award student and get a taste of the diverse academic offerings and even get a head start on their degree if they’ve just completed Year 12.
http://sydney.edu.au/summer/

Bateman Battersby Lawyers Law Bursary
Applications close: Sat 31 October
Bateman Battersby Lawyers provide a $10,000 bursary to a student who, upon completion of their Higher School Certificate or International Baccalaureate, applies for admission to a full-time University Law course in Sydney, Wollongong, Newcastle or the ACT. The bursary is awarded to the applicant who receives the highest ATAR or IB equivalent.

University of Notre Dame: Getting to Know Nursing
Mon 2 November, 6.00pm – 7.30pm, 160 Oxford St, Darlinghurst
Students attending this session will learn about nursing as a profession and the varied areas in which nurses are able to practice.
Contact: 02 8204 4404 or sydney@nd.edu.au
http://www.nd.edu.au/events/2015/getting-to-know-nursing-nov

Western Sydney University: New Bachelor of Business in 2016
The course seeks to equip all students with a good understanding of basic business issues, complemented by a high level of knowledge relevant to specific business disciplines.
CSU: Scholarship Search
Prospective students can use CSU’s scholarship search to view the scholarships which may be applicable to them. The search can be refined by student type, course level, faculty, and study mode.

CSU to Establish AgriSciences Research and Business Park in Wagga Wagga
The AgriSciences Research and Business Park aims to foster collaboration and innovation between agriscience and agribusiness co-located with Charles Sturt University and New South Wales Department of Primary Industries. The park is expected to open in 2017.

CSU: Live Chats
Offers, Accommodation and Scholarships
Mon 7 December, 2.00pm – 4.00pm
Speak to student advisers and current students about accommodation, scholarships, and life at CSU.

ATARs
Mon 21 December, 2.00pm – 4.00pm
An opportunity to speak to students advisors once ATARs have been released.
https://www.facebook.com/csufuture/events

The University of Newcastle: Uni Advisory Day
Tue 5 January, 2.00pm – 6.00pm, Newcastle campus, Central Coast campus, Port Macquarie campus
The Uni Advisory Day will provide the opportunity for prospective students to speak to university staff about courses and change of preferences for study in 2016.
http://www.newcastle.edu.au/events?result_40254_result_page=2

Macquarie University Bachelor of Archaeology Online Video
Break old ground and gain new insights into the past through the study of ancient artifacts with the Bachelor of Archaeology from Macquarie University.
https://www.youtube.com/watch?v=SjQKYeDmuHY&feature=youtu.be

The University of Notre Dame Australia: Academic Merit Scholarships for Commencing Students
Applications close Thu 31 December
The scholarships provide students who intend to study a single degree program with a fee paid year of full-time tuition.
http://www.nd.edu.au/scholarships/academic-merit-scholarships

Tips for Students Starting University with a Disability

La Trobe ATAR Video
This video provides information about what an ATAR is, how it’s calculated, how it gets you into uni, and other aspects of the application process.
https://www.youtube.com/watch?v=EMv1XoSX_ZA&feature=youtu.be

Commonwealth Government Payments
These include ABSTUDY, Austudy, Youth Allowance, Fares Allowance, Education Entry Payments and more.

PRIVATE COLLEGES
AIE Open Day
Sat 21 November, 10.00am – 3.00pm, Canberra & Sydney
Learn about the courses designed to get careers started in game development, 3D animation and visual effects. The day will include a presentation on different areas of industry to get into as well as information about AIE full-time and part time courses.
http://www.aie.edu.au/openday

Sydney Aviators and Basair Aviation College Open Day
Sun 1 November, Bankstown Airport
Learn about getting a commercial pilot licence, a remote pilot license, view the campus, and take a discounted trial instructional flight.
Contact: 02 9793 8900

OTHER NEWS
Essential Guide for Graduates
The Workforce Development Services’ Essential Guide for Graduates resource was written by a university student to provide some tips and tricks for students who are about to complete their course from school, university, or technical college/institute.
http://cciwa.com/students/working-matters/the-essential-guide-for-graduates

TSFX Exam Tips
- Exam Day Machinations
- Mark Boosting on Day Exam Strategies
- Managing Panic Attacks & Mind Blanks in the Exam

ACPE: Community Health – A Future Boom Industry
This article outlines the benefits and opportunities that are likely to be available from studying community health.

The Good Universities Guide:
Why it’s Okay to Change Your Study Path

Defence Careers Australia: Information Sessions
Parramatta – Aviation Careers: Wed 21 October, 6.30pm, 9 George Street
Parramatta – Trade Careers: Thu 22 October, 6.30pm, 9 George Street
Parramatta – Australian Defence Force Academy: Mon 26 October, 6.30pm, 9 George Street
https://www.facebook.com/DefenceJobsAustralia/events

Australian Institute of Architects NSW
The Australian Institute of Architects NSW provides a range of resources for students interested in the industry. Information about events, studying architecture at university and more can be found at the website.

ACPE: Community Health

How to Transition to Tertiary Education: Helpful Hints for People with Autism Spectrum Disorder

My First Speech Competition
Entries due: Fri 23 October
This competition is for Australian students in Years 10 to 12 to write and record a three-minute speech about an issue they are passionate about. Students are to imagine that they are Members of the House of Representatives, so the issue could be something affecting people in their electorate or something that they believe affects all Australians. Winners will be invited to present their speeches in Canberra.

Careers with Woolworths
Woolworths Limited (Woolworths, Big W, BWS, etc) has a range of job options available, from apprenticeships & trade roles to casual, part time or full time positions.

www.wowcareers.com.au

All of the information is emailed in good faith and it is the responsibility of the reader to confirm all details with the appropriate institution. Make sure you look at any relevant websites.

Don’t hesitate to contact me if you have any questions

**SUMMER SPORTS RESULTS, ROUND 6**
Mr Peter Edwards, Sports Coordinator

<table>
<thead>
<tr>
<th>Sport</th>
<th>Opponent</th>
<th>Winner</th>
<th>Result</th>
<th>Bonus</th>
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<tbody>
<tr>
<td><strong>Cricket - Week 2 (2nd round)</strong></td>
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<tr>
<td>1st</td>
<td>Homebush</td>
<td>Homebush</td>
<td>HB: 9/150, NH:132</td>
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<tr>
<td>2nd</td>
<td>Epping</td>
<td>Normanhurst</td>
<td>NH: 7/203, EP:91</td>
<td>-</td>
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<tr>
<td>15A's</td>
<td>Epping</td>
<td>Epping</td>
<td>EP: 8/181, NH 5:113</td>
<td>-</td>
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<tr>
<td>14A's</td>
<td>Homebush</td>
<td>Normanhurst</td>
<td>NH:7/111, HB:94</td>
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<tr>
<td>14B's</td>
<td>Epping</td>
<td>Epping</td>
<td>EP:2/242, NH:90</td>
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<tr>
<td><strong>Basketball</strong></td>
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<tr>
<td>1st</td>
<td>Asquith</td>
<td>Normanhurst</td>
<td>51:42</td>
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<tr>
<td>2nd</td>
<td>Asquith</td>
<td>Normanhurst</td>
<td>31:24</td>
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<td>15A's</td>
<td>Asquith</td>
<td>Normanhurst</td>
<td>84:22</td>
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<td>14A's</td>
<td>Asquith</td>
<td>Normanhurst</td>
<td>57:8</td>
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<td><strong>Volleyball</strong></td>
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<td>Asquith</td>
<td>Normanhurst</td>
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<td>Asquith</td>
<td>Asquith</td>
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<td>15A's</td>
<td>North Sydney</td>
<td>Normanhurst</td>
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<td>14A's</td>
<td>North Sydney</td>
<td>North Sydney</td>
<td>2:1</td>
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<tr>
<td><strong>Tennis</strong></td>
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<td>Epping</td>
<td>Epping</td>
<td>5:1</td>
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<td>2nd</td>
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<td>15A's</td>
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<td>Normanhurst</td>
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<td>14A's</td>
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<td><strong>Baseball</strong></td>
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<tr>
<td>Senior</td>
<td>North Sydney</td>
<td>No Game</td>
<td>No Game</td>
<td>Double points next round</td>
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<tr>
<td>Junior</td>
<td>North Sydney</td>
<td>North Sydney</td>
<td>6:2</td>
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<td><strong>Oz Tag</strong></td>
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<tr>
<td>1st Grade</td>
<td>Asquith</td>
<td>Asquith</td>
<td>15:2</td>
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<tr>
<td>2nd Grade</td>
<td>Asquith</td>
<td>Asquith</td>
<td>8:7</td>
<td>-</td>
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<tr>
<td>15A's</td>
<td>Asquith</td>
<td>Asquith</td>
<td>9:2</td>
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<tr>
<td>14A's</td>
<td>Asquith</td>
<td>Asquith</td>
<td>6:5</td>
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<td><strong>Futsal (Indoor Soccer)</strong></td>
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<tr>
<td>2nd Grade</td>
<td>Asquith</td>
<td>Asquith</td>
<td>10:2</td>
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<td>15A's</td>
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<td>5:1</td>
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<td>15B's</td>
<td>Asquith</td>
<td>Asquith</td>
<td>5:2</td>
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<td><strong>Waterpolo</strong></td>
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<td>1st Grade</td>
<td>North Sydney</td>
<td>Normanhurst</td>
<td>6:5</td>
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<td>2nd Grade</td>
<td>North Sydney</td>
<td>No Game</td>
<td>No Game</td>
<td>Double points next round</td>
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<tr>
<td>15A's</td>
<td>North Sydney</td>
<td>North Sydney</td>
<td>7:3</td>
<td>-</td>
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<tr>
<td>Extra Teams</td>
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<tr>
<td>Volleyball (3)</td>
<td></td>
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<tr>
<td></td>
<td>North Sydney</td>
<td>Normanhurst</td>
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**CALENDAR**

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<td>U15's Water Polo Knockout</td>
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<td>Year 7 Maths Assessment</td>
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### CANTEEN COMMITTEE

**Bindi Shah**

Canteen Committee is looking for 2 parent volunteers to be on the canteen committee.

We will meet once a term or at other times when required. The meeting will usually be held on a Friday afternoon at 2:30pm. Items related to the canteen will be discussed at these meetings.

Please contact Bindi Shah on 0417 663 547 or sunilbindi@gmail.com

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**Meditation WORKSHOP**

**FREE**

Come along to a free meditation workshop and learn some great techniques to focus during the HSC!

**Wednesday 21 & 28 October**

**2:30pm - 3:30pm, Gordon Library**

**Meeting Room 1: 798 Pacific Highway, Gordon**

**Cost: FREE**

**BOOKINGS:** [nsw.gov.au](http://nsw.gov.au) / [youth@nsw.gov.au](mailto:youth@nsw.gov.au) / [lnc@nsw.gov.au](mailto:lnc@nsw.gov.au) / [youth@nsw.gov.au](mailto:youth@nsw.gov.au)
Science says that parents of successful kids have these 7 things in common

DRAKE BAER MAR 31 2015


Anybody who has kids — or hopes to — wants them to stay out of trouble, do well in school, and go on to do awesome things in the professional world. While there’s not a set recipe for raising successful children, psychology research has pointed to a handful of factors that predict success. They are:

High expectations

Using data from a national survey of 6,600 children born in 2001, University of California, Los Angeles professor Neal Halfon and his colleagues discovered that the expectations parents hold for their kids have a huge effect on attainment.

“Parents who saw college in their child’s future seemed to manage their child toward that goal irrespective of their income and other assets,” he said in a statement. The finding came out in standardised tests: 57% of the kids who did the worst were expected to attend college by their parents, while 96% of the kids who did the best were expected to go to college. This falls in line with another psych finding: the Pygmalion effect, which states “that what one person expects of another can come to serve as a self-fulfilling prophecy.” In the case of kids, they live up to their parents’ expectations.

A higher socioeconomic status

Tragically, a fifth of American children grow up in poverty, a situation that severely limits their potential. It’s getting more extreme. According to Stanford University researcher Sean Reardon, the achievement gap between high and low-income families “is roughly 30% to 40% larger among children born in 2001 than among those born 25 years earlier.” As “Drive” author Dan Pink has noted, the higher the income for the parents, the higher the SAT scores for the kids. “Absent comprehensive and expensive interventions, socioeconomic status is what drives much of educational attainment and performance,” he wrote.

Higher educational levels

A 2014 study led by University of Michigan psychologist Sandra Tang found that mothers who finished high school or college were more likely to raise kids that did the same. Pulling from a group of over 14,000 children who entered kindergarten in 1998 to 2007, the study found that children born to teen mums (18 years old or younger) were less likely to finish high school or go to college than their counterparts. Aspiration is at least partially responsible. In a 2009 longitudinal study of 856 people in semirural New York, Bowling Green State University psychologist Eric Dubow found that “parents’ educational level when the child was 8 years old significantly predicted educational and occupational success for the child 40 years later.”

Provide early academic skills

A 2007 meta-analysis of 35,000 preschoolers across the US, Canada, and England found that developing maths skills early can turn into a huge advantage. “The paramount importance of early maths skills — of beginning school with a knowledge of numbers, number order, and other rudimentary maths concepts — is one of the puzzles coming out of the study,” co-author and Northwestern University sociologist Kei Nomaguchi told the Post.

Offer sensitive caregiving

A 2014 study of 243 people born into poverty found that children who received “sensitive caregiving” in their first three years not only did better in academic tests in childhood, but had healthier relationships and greater academic attainment in their 30s. As reported on PsyBlog, parents who are sensitive caregivers “respond to their child’s signals promptly and appropriately” and “provide a secure base” for children to explore the world. “This suggests that investments in early parent-child relationships may result in long-term returns that accumulate across individuals’ lives,” co-author and University of Minnesota psychologist Lee Raby said in an interview.

Avoid junk time with kids

According to new research cited by Brigid Schulte at The Washington Post, the number of hours that mums spend with kids between ages 3 and 11 does little to predict the child’s behaviour, well-being, or achievement. What’s more, the “intensive mothering” or “helicopter parenting” approach can backfire. “Mothers’ stress, especially when mothers are stressed because of the juggling with work and trying to find time with kids, that may actually be affecting their kids poorly,” study co-author and Bowling Green State University sociologist Kei Nomaguchi told the Post.

Emotional contagion — or the psychological phenomenon where people “catch” feelings from one another like they would a cold — helps explain why. Research shows that if your friend is happy, that brightness will infect you; if she’s sad, that gloominess will transfer as well. So if a mother (or father) is exhausted or frustrated, that emotional state could transfer to the kids.

Teach a growth mindset

Where kids think success comes from also predicts their attainment.

Over decades, Stanford University psychologist Carol Dweck has discovered that children (and adults) think about success in one of two ways. Over at the always-fantastic Brain Pickings, Maria Popova says they go a little something like this: A “fixed mindset” assumes that our character, intelligence, and creative ability are static givens which we can’t change in any meaningful way, and success is the affirmation of that inherent intelligence, an assessment of how those givens measure up against an equally fixed standard; striving for success and avoiding failure at all costs become a way of maintaining the sense of being smart or skilled. A “growth mindset” on the other hand, thrives on challenge and sees failure not as evidence of un-intelligence but as a heartening springboard for growth and for stretching our existing abilities.

At the core is a distinction in the way you assume your will affects your ability, and it has a powerful effect on kids. If kids are told that they aced a test because of their innate intelligence, that creates a “fixed” mindset. If they succeeded because of effort, that teaches a “growth” mindset. In one study of 4-year-olds, Dweck let kids choose between solving easy or difficult jigsaw puzzles. The kids with a fixed mindset chose the easier one, since it would validate their god-given abilities. The growth-oriented kids opted for the harder puzzle, since they saw it as an opportunity to learn. Like Popova notes, the “fixed” kids wanted to do the easy puzzle since it would help them look smart and thus successful; the “growth” kids wanted the hard puzzles since their sense of success was tied up in becoming smarter.

So when you praise your kids, don’t congratulate them for being so smart, commend them for working so hard.