



CHOOSE
MATHS
CAREERS

AN AMSI SCHOOLS PROJECT

AMSI

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TAKE HOME TIPS

PARENTS
GUIDE ✓





YOU ARE YOUR CHILD'S FIRST TEACHER OF MATHEMATICS

To help you, here are some tips to get you enjoying maths with your child.

The most important thing you can do is to have a positive attitude towards mathematics yourself. If you don't know how to do something, say 'let's find out together'.

WHEN YOU VALUE MATHEMATICS YOUR CHILD WILL TOO.

You can turn around a negative attitude towards maths using a growth mindset. When children are learning something new, instead of them saying 'I can't do this...' try getting them to say 'I can't do this... yet'.

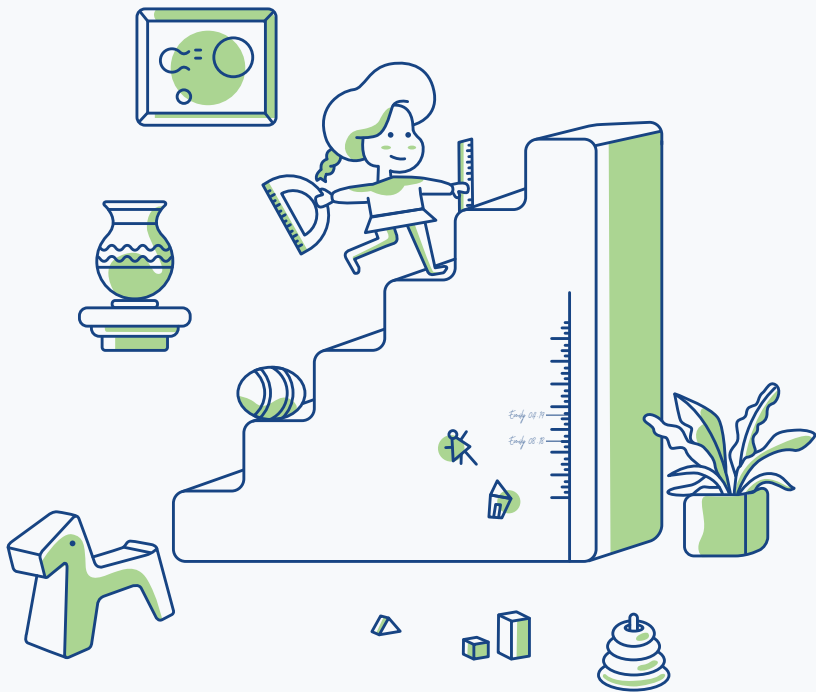
It can be very powerful.



PRESCHOOL & YOUNGER

INVOLVE YOUR CHILD IN THE MATHEMATICS OF EVERY DAY.

- Count the steps to the front door
- Fill and pour different sized containers in the bath
- Count out seven oranges at the market
- Make a tower eight blocks high
- Ask 'how many more?'
(I have four apples and I want five. How many more do I need?)
- Count the wheels on a truck
- Pour three cups of flour into a bowl for scones
- Count the windows on a building, train carriage or bus
- Notice and point out shapes in the environment



EARLY YEARS OF SCHOOL

REMEMBER TO KEEP A POSITIVE ATTITUDE AND GROWTH MINDSET.

- Talk about the maths you do at work
- Visit museums and galleries and make notes of the shapes and the numbers in art and architecture
- Read books about mathematics, famous scientists or mathematicians. Look for the maths in shapes (in pictures) and numbers (three bears), and physically point them out or count them out loud. Make the maths obvious
- It is OK for children to use their fingers, in fact research shows that it's a good thing
- Ask about strategies they use at school such as doubling numbers or adding one more



MID TO UPPER PRIMARY SCHOOL

THE THREE P'S (PARTNERSHIP, POSITIVITY AND PLAYFUL) ARE IMPORTANT AT THIS STAGE. LEARNING IS A PARTNERSHIP BETWEEN SCHOOL AND HOME.

- Look for the maths in shopping, cooking, building, games and sports
- If you 'didn't learn it that way', talk to the teacher and ask how it is being taught now
- Talk maths up and encourage them to ask for help if they don't quite understand something
- Fluency is about efficiency. At this age students start to transition from inefficient strategies to efficient ones. Knowing rules such as the 'times tables' makes things quicker than counting on fingers. Looking for patterns helps

STUDY TIPS FOR YOUR CHILD



TIME MANAGEMENT

Schedule time for work but also time to chill



KEEP FOCUSED

Keep distractions like social media for break times



REVIEW & REVISE

Doing a little often is better than last-minute cramming



NO DISTRACTIONS

Find a good quiet place to work



TIDY UP

Keep work environments organised - it helps!



AVOID STRESS

Try to avoid stressful situations



SHARE IDEAS

Form a study group with other students so you can motivate each other



ASK FOR HELP

Seek out people for support (family, friends and teachers)



MAKE A PLAN

Include important deadlines and study goals. Be realistic about what can be done

TIPS FOR PARENTS

THINGS THAT CAN HELP:

- ✓ Making sure students have a study space away from distractions
- ✓ Helping create a plan or timetable of study time and other extra-curricular activities – It's all about balance!
- ✓ Ensuring that students are eating well and taking regular breaks – limit the sugar and junk food
- ✓ Try to eliminate stress in the household
- ✓ Setting boundaries around TV and social media distractions
- ✓ Suggesting a walk around the block when students seem overwhelmed – exercise is a great stress reliever!

EXERCISE

SLEEP

EATING WELL

RELAXATION

MEDITATION



YEAR 7 TO 9

ENCOURAGEMENT IS VITAL AT THIS AGE, AS THIS CAN BE WHERE STUDENTS TURN OFF MATHS AND DECIDE THAT THEY ARE 'NOT MATHS PEOPLE'.

It's important that your child knows that it's alright to make mistakes, finding errors and trying again is a crucial part of their learning and will only help them to grow and improve their skills.

If they say they don't understand something, tell them to say 'I don't understand it yet'. Let them know that it is normal to struggle with some concepts and that it doesn't mean that they won't be able to get there in the end. Help them to remain positive and treat each hurdle as a learning experience.



YEAR 10

Maths is compulsory until Year 10 and this is the year your child will plan their Year 12 subjects. Choosing a maths subject beyond Year 10 broadens their potential when it comes to deciding on a pathway beyond school.

University open days are not just for students in their final year of school. Many open days offer a range of activities for students and it is a great way to speak to staff and current students about the requirements for courses and the secondary school subjects your child will need.

Prerequisites are not the same as required knowledge. The maths required for an university course, apprenticeship or job might be at a much higher level than the prerequisites.

**BE INSPIRED BY PEOPLE WHO USE MATHEMATICS
IN THEIR WORK BY VISITING: [CAREERS.AMSI.ORG.AU](https://careers.amsi.org.au)**



YEAR 11 & 12

YEAR 11 & 12 CAN BE STRESSFUL. IT IS IMPORTANT THAT YOUR CHILD KEEPS A HEALTHY BALANCE OF WORK AND RELAXATION.

Making sure that they eat and sleep well and have a good place to work in with no distraction, will help them cope with these important years.

Maths can be difficult and, for many, requires a lot of hard work. Continue to remind your child of this and to reassure them when they feel they have hit a wall. Encourage them to seek out the resources that are available to them including teachers and peers and not to give up when things get hard.

CAREERS IN MATHS

As we move further into the 21st century, maths skills will become the solution for those students who want to make a real difference in our world. Maths will equip our future leaders with the problem solving and critical thinking skills needed for our fast paced future. Maths is more than numbers, it's solving the problems of tomorrow and is behind the technology and science breakthroughs of yesterday.

FIND OUT MORE AT:

CAREERS.**AMSI**.ORG.AU

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