

# A Study of Synergy between Schooling and Family Education in Shaping Positive Mindset among Students



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**Abstract:** Both school and family play a crucial role in the growth process of students. Students spend most of their time in these two environments, and their educational methods and values undoubtedly have a profound impact on the formation of students' mindsets. In recent years, as society pays more and more attention to students' mindsets, how to cultivate students' positive mindset has become an important issue in the field of education. This article will explore how they work together from the perspectives of school education and family education, to realize the joint promotion of students' healthy development of mindset by family and school.

**Keywords:** school education; family education; positive mindset; synergistic effect

## Introduction

In today's society, with the increase of social pressure and the intensification of competition, students face unprecedented psychological and emotional pressure. Long academic loads, competition among peers, and uncertainty about the future all contribute to the complexity and variability of students' emotional states. At the same time, many studies have shown that a positive mindset has a profound impact on students' academic performance, interpersonal relationships, and future quality of life. Therefore, how to cultivate students' positive mindset has become the focus of current education. In this context, school education and family education, as the two main environments in students' lives, deserve to be further explored for their roles and functions in this regard.

## 1. The Influence of School Education on Students' Mindset

### 1.1. School environment

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In school, students spend most of their daily time interacting with teachers, classmates, and a variety of school resources. Teachers' teaching methods and attitudes, especially the way they treat students, can profoundly shape the way students view themselves and others. An encouraging and supportive teacher can help students build self-confidence, whereas an overly critical or uncaring teacher may lead students to question themselves or have low self-esteem. Additionally, interactions with peer partners are a key factor in shaping mindsets. How students are accepted, how they relate to others, and where they fit in with their peers and mates can affect their self-perceptions and values. The school's activities and curriculum also invariably foster mindfulness, such as teamwork, leadership, and problem-solving skills. These experiences provide students with opportunities to explore themselves, challenge themselves, and grow. Thus, the school environment plays a crucial role in shaping students' mindset (Wang, 2015).

### 1.2. Teachers' teaching methods and attitudes

Teachers' teaching methods and attitudes have a

significant impact on student mindset in schooling. When teachers use encouraging, caring, and inspiring teaching methods, students tend to be more likely to build self-confidence, participate actively in learning, and develop a passion for knowledge. On the contrary, overly strict or one-dimensional teaching methods may lead to students feeling depressed or losing interest in learning. Teachers' attitudes are another key factor in shaping students' mindsets. Students tend to have a more positive view of themselves and their learning when teachers show genuine concern and trust in them. However, if teachers frequently show impatience, criticism, or indifference, students may question their self-worth and develop a negative learning mindset. Therefore, every choice and reaction made by teachers in the classroom, no matter how big or small, has the potential to deeply affect students' self-perceptions, affective experiences, and motivation to learn.

### 1.3. School activities and curriculum

School activities and curriculum play a key role in shaping students' mindsets. School activities, such as clubs, sports, and arts activities, provide students with a platform for self-expression, help them discover their interests and talents, and develop teamwork and leadership skills (Fang, 2023). Students who participate in these activities tend to be more confident and are more likely to develop deep friendships with their peers. In addition, the curriculum has an impact on students' attitudes and interests in learning. A diverse and balanced curriculum can stimulate students' curiosity and make them more proactive in exploring new knowledge. Curriculum content that is closely related to life experiences can be easier for students to understand and absorb, thus enhancing their motivation to learn. On the contrary, a curriculum that is too boring or out of touch with students' real lives may cause students to become frustrated or lose interest in learning. Therefore, well-designed school activities and curricula can not only enrich students' learning experience but also have a positive impact on their learning mindset.

## 2. The Influence of Family Education on Students' Mindset

### 2.1. Parents' educational philosophy and methods

Parents' educational philosophy and methods have a profound influence on the shaping of students' mindsets. An enlightened, encouraging, and supportive family environment can help students build up solid self-esteem and self-confidence, enabling them to face challenges and explore the world positively. When parents embrace a "student-centered" approach to education, allowing their children to make mistakes and learn from them, students tend to develop positive attitudes toward learning and a high level of resilience. On the other hand, an overly strict or achievement-oriented educational approach may put too much pressure on students, causing them to fear failure, lose interest in learning, or doubt their abilities (Zhang, 2023). At the same time, the way parents communicate with their children can also affect their children's mindset. When parents are willing to listen to and respect their children's viewpoints, students are more likely to build a trusting relationship with their parents and have a more positive view of themselves and the outside world.

### 2.2. Family communication styles

The family's communication style plays an integral role in shaping students' mindsets. An open, honest, and respectful communication environment can provide a haven for students to feel secure and help them express themselves confidently and be open to the outside world. In such an environment, students are more likely to gain acceptance of their feelings and thoughts, thus building positive self-perceptions. On the contrary, if family communication is full of criticism, blame, or neglect, students may feel that their voices are suppressed, which in turn leads to feelings of not being understood or isolated. Students who are exposed to this type of communication for an extended period may become reticent, lack self-confidence, or become wary of others. At the same time, effective family communication teaches students how to establish and maintain healthy interpersonal

relationships with others, laying the foundation for their future social life (Yuan, 2019).

### **2.3. Interaction patterns of family members**

The interaction patterns of family members deeply affect students' mental and emotional growth. In families that encourage cooperation, sharing, and mutual respect, students tend to experience love, support, and a sense of security, which builds a strong emotional foundation and positive concepts of interpersonal interactions. When family members demonstrate effective conflict resolution, empathy, and listening skills with one another, students can learn and emulate these helpful ways of relating, and thus become more confident and empathetic in their interactions with others. Conversely, in families that are contentious, apathetic, or controlling, students may develop coping patterns of avoidance, aggression, or submission, which may lead to difficulties in their interactions with the outside world. Students who have been in such home environments for a long time may hold a negative view of relationships, develop mistrust of others, or fear building deep relationships.

## **3. Synergy between School Education and Family Education in Shaping Students' Positive Mindset**

### **3.1. Complementing each other**

School education and family education complement each other in shaping students' positive mindset, and together they build a diversified and comprehensive growth environment (Li et al., 2018). Schools provide students with intellectual skills and social experiences through structured content, peer interactions, and professional guidance, while families bring deep emotional support, family culture, and personal values. In school, students may be influenced by their peers to learn cooperation and competition, while the home environment teaches them love, trust, and responsibility. When students experience difficulties or stress at school, families can provide an emotional haven of comfort and encouragement. In turn, schools can help students expand their social circles and provide a broader perspective of the outside world, making up for what

may be missing in home education. This complementary relationship ensures that students receive the necessary support and guidance in different environments, helping them to shape a balanced and positive mindset.

### **3.2. Consistent values and expectations**

Schooling and home education provide a stable and coherent environment for students to grow when they demonstrate consistent values and expectations in shaping a positive mindset. Students do not feel confused or lost in such a consistent environment because of contradictions or conflicts between the two main areas of education. For example, when both parents and teachers emphasize the importance of honesty, respect, and hard work, students are more likely to internalize these values and practice them in their daily lives. This consistency also helps to strengthen students' self-confidence and self-esteem because they know that they will receive the same encouragement and support at home and school. In addition, consistent values and expectations provide a clear orientation for students, making it easier for them to set goals, develop a clear outlook on life, and hold a positive mindset when faced with challenges. In short, consistency in values and expectations between schools and families provides students with a clear and supportive framework that fuels their healthy and positive growth.

### **3.3. Complementary resources**

School education and family education are characterized by complementary resources in shaping students' positive mindset, providing students with richer and more diversified resources for growth. As an educational institution with a systematic curriculum, professional education team, abundant teaching facilities, and various learning clubs, the school provides students with a broad stage of knowledge, skills, and social experiences. At the same time, families provide students with in-depth cultural backgrounds, emotional support, and daily life experiences. Families can provide students with a safe and comfortable learning environment that meets their emotional and psychological needs, while schools can guide students out of their comfort zones

and into interaction with the wider outside world. These two resources complement each other, enabling students to have a balanced development in all aspects of knowledge acquisition, emotional expression, skill acquisition, and interpersonal interactions, thus making it easier to develop a positive, resilient, and well-rounded mindset (Cui & Zhao, 2010).

#### **4. Synergistic Cultivation Strategies of School Education and Family Education in Shaping Students' Positive Mindset**

##### **4.1. Building communication bridges**

To ensure the synergistic effect of school education and home education in shaping students' positive mindset, it becomes crucial to build bridges of communication. This means that schools and parents need to work closely together to provide consistent education and support to students. Through regular parent-teacher conferences, educational seminars, or home-school co-operation programs, teachers can gain a better understanding of their students' life situations at home, while parents can gain a deeper understanding of the school's teaching philosophy and methods. Such interactions and exchanges help both parties to form common educational goals and to collaborate in solving students' learning and emotional problems, thus fostering a positive mindset in students more effectively. In addition, when schools and families can establish a solid communication mechanism, students will also feel the concern and support from both sides, knowing that they are not alone in facing challenges, but have a strong backing behind them, which will undoubtedly further strengthen their positive mindset (Li, 2018).

##### **4.2. Creating environments and activities conducive to fostering a positive mindset among students**

Schools can help students build confidence, learn to face difficulties and develop problem-solving skills through a variety of curricular and extracurricular activities, such as teamwork projects, challenging tasks, or mental health workshops. At the

same time, families can provide a warm, supportive, and encouraging environment for students by organizing regular family activities, such as outdoor sports, family games, or book clubs, which not only strengthen the relationships among family members but also help students develop a positive mindset and interpersonal skills. When both the school and the family endeavor to create an environment and activities full of positive energy, support, and encouragement for students, students are more likely to develop a healthy, positive, and optimistic mindset in such an atmosphere. This joint effort by both parties ensures that students have adequate psychological resources and support to cope with life's challenges and difficulties.

##### **4.3. Formulating reasonable strategies for different students' differences**

Schooling and home education must recognize that each student is unique and has different needs, backgrounds, and experiences when developing a positive mindset. Therefore, collaborative cultivation strategies need to be nuanced, adapted, and optimized for each student's differences. Schools can work closely with parents to understand students' strengths, interests, habits, and emotional needs to design a more personalized education program. For example, for certain students who are particularly introverted or sensitive, schools and parents can provide more personal care and support to help them build up their self-confidence; and for those who are naturally active or curious, they can be encouraged to participate in more practical and exploratory activities to satisfy their desire for exploration (Shao, 2014). Families can also provide more appropriate learning and living environments for students according to their personalities and habits, such as quiet corners for reading or spacious spaces for sports. When both schools and families can provide targeted support and guidance for students' differences, it will not only help them adapt and develop better but also cultivate their positive mindset more effectively.

### Summarize

To summarize, both school education and family education play a crucial role in cultivating students' positive mindset. In the process of students' growth, school and family are like two powerful forces, influencing each other and molding students' minds together. When they form a synergy, students are more likely to develop a healthy and optimistic mindset. This not only helps students to achieve better academic results but also helps them to better cope with life's challenges and build a resilient character. Through a deeper understanding of the interactions between schools and families in this process, we can provide students with more comprehensive and targeted support to help them move towards a brighter future.

### Conflict of Interest

The authors declare that they have no conflicts of interest to this work.

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