

## Tool 210

### Rigor Tip Sheet for Parents

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1. Rigor is simple to implement in school and at home.
2. Rigor is NOT moving your son or daughter to another grade level.
3. Rigor is being challenged on grade level but support is provided like reading guides to help students navigate through difficult or unfamiliar text.
4. Rigor is helping your son or daughter think for him or herself. You can help your son or daughter do this being teaching him to think beyond the text, by asking questions starting with “What if . . . ?”
5. Rigor is helping your son or daughter make connections among the disciplines. Ask, “How does this topic relate to what you are studying in your other classes?”
6. Rigor is allowing your son or daughter to explore and discover. It is okay if he takes a while to get the answer and you can see it clearly. Home is the appropriate place for your son or daughter to take his time and process while solving problems.
7. Rigor is providing guidance not answers. When your son or daughter asks for help, provide guidance, not answers. Too much help teaches that someone will do the work for him or her.
8. Rigor is providing a supportive environment at home for your son or daughter to work. He or she needs to know it is okay if his or her answers are not perfect and that he/she can ask for help as long as he/she has exhausted other measures such as checking class notes, looking to her text or other reading material or doing some light research online.
9. Rigor is using and teaching your son or daughter to use positive language when confronted with a challenge. “I can’t” are not words anyone may use in your own. Instead say, “I am having trouble getting this done. I am going to try to do it by myself, but I may need some help.”
10. Rigor is having high expectations for your son or daughter and cheering them on when they are frustrated or challenged.

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