

**ADRIAN DOW –
MATHS JOURNEY**

**3 Secrets For Students To
SUCCEED
AT
MATHS**

*For parents who want their
children to love Mathematics
and get their best grades.*



Once your child learns these 3 secrets Their CONFIDENCE will SKY-ROCKET!



Dear Parent,

What you are about to discover has come from my 30 years of experience in the field as a Maths teacher and leader in six different schools on both sides of the Atlantic. I am going to share with you the 3 keys to help your child really enjoy and excel in Mathematics that have already worked for hundreds of students I have had the pleasure of teaching.

You see we live in a 'new world' where our students need more than just going to school and their classroom teacher in order to thrive in education.

The Covid-19 pandemic created a learning gap that we are still playing catch-up on. As a result more students are falling further and further behind because all of the burden has been placed on their school and teacher to bring millions of students up to speed.

Talk about mission impossible!

But yet with the world evolving and future jobs and careers becoming more competitive than ever, the education of our children matters

Actually their whole life depends on it!

Which is why it's never been more important to set them up for success than ever before.

Did you know that a student who graduates from university is 2-3 times more likely to be employed in the future than a student that doesn't?

So my goal with this guide is to share with you what I've seen to be the 3 factors that have the biggest impact on students to help them achieve their best possible Mathematics grades.

And if you are wondering why is Mathematics is so important.
Here's why....

Your Child's grade in Mathematics will be one of the the key grade that opens doors to all their future endeavours. Whether its A-level courses , college options, university applications, accessing studies in any professional field, applying for apprenticeships or even part time employment, they all become easier to access with a strong grade in Mathematics (Grade 7+)

But First.... Why Should You Listen To ME?

My name is Adrian Dow. I am a Mathematics Teacher, School Leader and Pastoral expert.

I have been teaching since 1996

During that time I have had the pleasure of working with well over 1000 students aged 11 through to 16 from challenging backgrounds and often with limited resources.

So I want you to know you are in safe hands!



Here's why I decided to get into teaching...

Reason #1 - I have always been passionate about Mathematics and continued it at University. I love that it permeates all of the world we live in whether its design technology creating everyday items. Health and Medicine, Business and Economics and even Nature and the Natural world, Mathematics surrounds us and understanding its mysteries is part of understanding the world and how to thrive in it.

Reason #2 - Ever since I was in school myself, I found I had the skill of presenting Mathematical concepts in understandable bitesize parts and I could explain them to friends who were studying alongside me. I have developed this using elements of Neuro Linguistic Programming, into an art of explaining that has helped my students not just to get right answers in Mathematics but to truly understand the concepts in depth.

Reason #3 - I thoroughly enjoy teaching and love seeing students who start with a can't do attitude and are closed to the idea that they can experience any success in Mathematics make that turn around with my simple step programme and transform into very confident and capable young Mathematicians.

Now over the years I started to notice a trend....

The students I taught that focussed on 3 key things always managed to do better than those students who didn't focus on these 3 keys areas.

So I started to focus on these methods consistently with all of the students I've worked with and the results were incredible...

Here's some examples...

Student #1 - Adam Henderson was a late starter in Maths he loved History but did not share the same passion for Mathematics. However through his dedication and putting in the hours Adam's commitment paid off. In the end he got a 9 in Mathematics at GCSE

Student #2 - Alexa worked with me having had low esteem and little confidence in her Maths ability. She would often put herself down saying she was no good at Mathematics. In the end she not only passed Mathematics but has since gone on to become a senior accountant in a large investment company in London

Student #3 - Delalsu always explained to me very carefully that she was rubbish at Maths and will be happy with a minimum pass. Every lesson this was her mantra. I worked with her and converted that "settling for less" attitude. Now she has a grade 7 in Mathematics and is doing A-level Maths

And now my mission is to help more students by sharing these 3 secrets by getting this guide into the hands of more parents who want the best for their children like you... So let's get started!

THE LEARNING TRIFECTA



STEP 1

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IMPLEMENTING THE RIGHT STRATEGY

Implementing The Right Strategy

Most students fail when it comes to doing well in Mathematics not because they aren't capable but because they are simply given the wrong strategy to succeed!

Which is kind of frustrating because a sports team that prepares for their next competitive fixture with the wrong strategy isn't going to succeed.

So how do you know your child has the wrong strategy to help them excel in Mathematics?

Simple... Do any of these sound familiar?

- **I am dumb**
- **I don't get it**
- **I am rubbish at Maths**
- **I don't get what the teacher is saying**
- **I could never do this.**

Unfortunately until a student has a change of approach, these problems will continue to exist and as a result it's why so many students fail to achieve any noted success in mathematics which means that they miss out on the opportunity to go and study at higher levels or to compete in the job market later on.

That's why I started to change my approach and strategy as a teacher and developed my **WHOLE MIND APPROACH** and once I started working with my students this way the results have been incredible.

Here's what your child needs to focus on:

- 1) Mindset**
- 2) Assessments**
- 3) Practice**
- 4) Level Up**

Step 1) MINDSET

Your child's mindset is like a parachute. It's best functioning when it's open. In addition if your child has a closed mindset when coming to Mathematics or they genuinely believe they are no good at it, it would make for an impossible start.

At the start of our course we talk about mindset and allowing ourselves to feel worried and anxious but to try the work anyway. We talk about goals and set them with your child to establish a reason in their minds for coming to class.

We look at stories of resilient characters who have, through determination and grit, achieved what first were thought to be impossible tasks

We celebrate those steps that slowly transform the mindset and build positive experiences in Mathematics to create lasting change.

Want to see how this could help your child?

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Implementing The Right Strategy



Step 2) Assessments - This is a key action. Looking at where your child is in Mathematics . There may be key gaps in knowledge and I would always aim to tackle those first.

Step 3) Do the work - Deepen Knowledge revisiting main concepts and ensuring clarity and understanding . This is the commitment part where we support your child to complete a certain number of hours a week of Mathematics.

Step 4) Level UP - Take the next level challenge by completing the Topic Challenge at the end of each topic where you create the strategy to solve complex questions based on what you have learnt.

These 4 things form my WHOLE MIND APPROACH and are fundamental in helping your child excel in Mathematics.

Just like a boxer preparing for a world championship fight....

When they prepare with the right strategy their chances of success increase dramatically.

It's time to give your child the strategy they need to secure their highest Mathematics grade.

Want to see how this could help your child?

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STEP 2

BUILDING SUCCESSFUL HABITS



Building Successful Habits

What's the difference between students who achieve incredible Maths grade and go on to pursue their choice of A Level subjects and subsequently their preferred university place vs the students who miss out and have to settle for options they don't necessarily want but have to take because they failed Mathematics or didn't get the grade they needed?

It's their willingness to work that extra bit harder or study that little more even when they don't want to because they understand its importance - They are 'wired' differently.

Just like the top professional athletes on the planet they train harder than all the other athletes.

Which leaves the question? How can my child develop better habits?

Students don't develop these winning habits at school because many students have been conditioned to see school as boring or difficult, which means there is a negative association to wanting to continue learning outside of school - You don't do more of something you don't enjoy!

But if most students know that the more they study and invest into their education the better results they will get - Why don't they do it?

Simple - It's not important enough and therefore additional study doesn't become a habit.

Take this for an example - Why do we brush our teeth multiple times daily?

Is it because we enjoy brushing our teeth? No, it's because we realise how important it is and there are consequences for not doing it.

So we develop a habit and a routine to brush our teeth that happens whether we feel like it or not.

The key to help students really experience success is to re-wire their current study habits so that they naturally do all the things they know they should be doing and everything becomes easier.

If it's easier, they start to enjoy it more because they're naturally more focused and become good.

Here's how you can help your child do this:

- 1)** Invest in your child's education outside of school so that there is accountability to help them develop better habits and a better routine that enhances their learning.
- 2)** Learning needs to be fun so that your child doesn't see doing additional study as 'boring'.
- 3)** Goal setting to build a mindset for success by aligning your child with the importance of education and the benefits.

Want to see how this could help your child?

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STEP 3

THE WINNING ENVIRONMENT



The Winning Environment

This is the most important part of all...

It's what makes the 'learning trifecta' function... It's what helps your child build the successful habits that ensure they consistently follow the right strategy consistently enough to succeed.

If you want your child to succeed in Mathematics and go on to secure a grade 7+ at GCSE and perhaps be accepted to write A level Mathematics or use it later in life THEN

Where they learn and who they learn with matters!

Have you ever been worried that there's other students at school that may be a bad influence on your child and stop them from reaching their potential?

This is all too common - Because their environment (who they are associated with) dictates their habits, and we already know how important building the right habits are!

At school students don't have a choice - They have to go whether they like it or not.

Which means there are some students who want to be there and learn and others who don't.

Imagine this... If you were to climb to the top of Mount Everest by yourself or with a group of unmotivated people would you be likely to make it to the top?

Or would you be better off with a leader and other people who were highly motivated and wanted to get to the top of the mountain?

Students need to be around other students who want to achieve the top results and grades.

So that they feel motivated to do better, study harder, and develop the belief that they are capable of achieving success in Mathematics.

What this does is that it provides unlimited boost of motivation for students. Here's how you can help your child do this:

- 1) Help your child understand the importance of winning environments and being around like minded students.
- 2) Access education outside of school for your child so that they can upgrade their environment.
- 3) Find small group focussed learning with students who also want to achieve their best Maths grades.

Want me to help your child build better study habits?

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NEXT STEPS

A BIG THANKS for taking the time to read this guide - I know how frustrating / upsetting it can be watching your child struggle with Mathematics.

But the fact that you are here reading this guide says a lot about you.

You are ready to do something about it. And for that I want to reward you.

Whilst this guide will definitely help. It isn't going to be the 'magic bullet' to help your child achieve their highest possible Mathematics grades

So here's something that might...

Each week I open up time to speak with 10 parents and create what I like to call a 'Student Success Session'.

It's a completely personalised plan to help your child excel and enjoy Mathematics.

And you're probably reading this guide because you have an upcoming student success session or you are thinking of scheduling one.

In the session I'll even be able to suggest some options where I can perhaps help your child excel in their studies with my **Whole Mind Method**.

After we create this personalised plan together you can choose to get my help implementing it or even use what we create on your own. So if you are ready to help your child feel...

- > **More confident in Mathematics**
- > **Clearer about key concepts in Mathematics**
- > **Successful in Mathematics, receiving higher grades than ever before, then**

I look forward to speaking with you soon so we can get your child the help they need and deserve.

Adrian

PS - If you haven't booked in to speak with me yet... You can do so below by tapping the button and it will take you directly to my calendar.

Want my help with this?

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