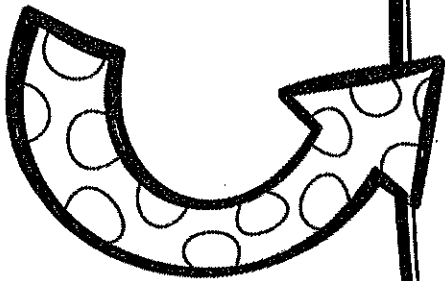


GROWTH *mindset*

WHAT IS IT?

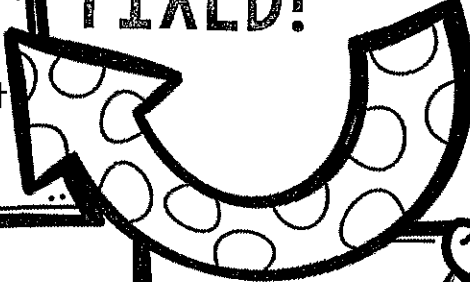


We used to think that our intelligence was fixed - meaning we were either smart or we weren't. Scientists have proven again and again that simply is not true. Our brain acts like a muscle - the more we use it, the stronger (and smarter) our brain becomes.

A person with a fixed mindset may do these things:

- avoid challenges
- give up easily
- ignore feedback
- is threatened by other people's success
- try hard to appear as smart or capable as possible

IS YOUR MINDSET FIXED?



A person with a growth mindset may do these things:

- embrace challenges
- give their best effort
- learn from feedback
- become inspired by other people's successes
- believe their intelligence can change if they work hard

WHAT DOES A GROWTH MINDSET LOOK LIKE?



GROWTH mindset

HOW YOU CAN HELP YOUR CHILD

1 TALK ABOUT IT

Talk with your child about their day, but guide the discussion by asking questions like:

- Did you make a mistake today? What did you learn?
- What did you do that was difficult today?

2 PRAISE THE PROCESS

Instead of saying, "You're so smart!" praise effort, goal setting, persisting through challenges, or being creative.

You can say something like:

- "Wow! You must have worked really hard on this!"

5 ENCOURAGE FAILURE (SAY WHAT?!)

Your child needs to know that failure can (and often does) happen and it is **okay!** Remind them that each time they fail and try again, their brain is growing stronger! Don't step in to prevent your child's failure - this is how they learn to persevere in the face of challenges.

THE BRAIN CAN GROW!

Remind your child that **their intelligence is not fixed**. Remind them that when things are difficult, their brain grows if they persist through the challenge. Each time they learn something new, their brain is making new connections. Your child needs to know this is possible!

HELP THEM CHANGE THEIR DIALOGUE

The way your child talks to themselves makes a huge impact on their mindset. If they say, "This is too hard!" help them change that to "I can't do this yet, but I will keep trying." Give them the words to say when they are feeling defeated by modeling it yourself!

4

3

2

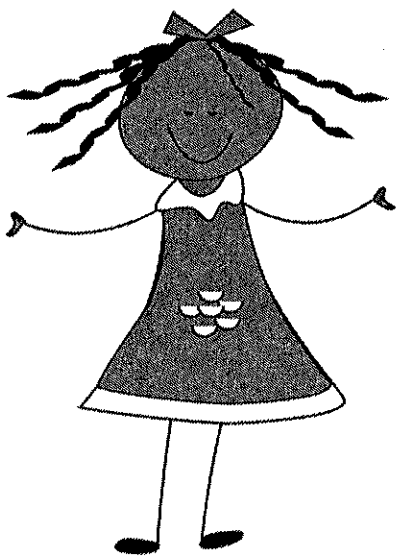
5

Growth Mindset

Is your mindset fixed?

A person with a fixed mindset might...

- Avoid challenges and hard problems
 - Easily give up
 - Ignore feedback from friends and teachers
 - Feel threatened by other people's success
 - Try to look like they know what they are doing, when they are actually lost



What does a growth mindset look like?

A person with a growth mindset will...

- ★ Get excited about challenges and hard problems
- ★ Persevere, never give up
- ★ Listen to what others have to say about his work or ideas and learn from it
- ★ Celebrate other people's success and feel inspired
- ★ Ask questions when she isn't sure what to do
- ★ Believe that his or her intelligence can GROW!



Growth Mindset

How to help your student get out of a FIXED MINDSET and into a growth mindset

Talk about their day

Rather than ask your kids "What did you do today?" or "Did you have a good day at school?" try asking questions like these:

- What did you find difficult today? What did you do to overcome that challenge?
- What mistake did you make that you learned from today?
- What did you do today that made you think hard?
- What challenged you?
- What will you do to improve your work/project?

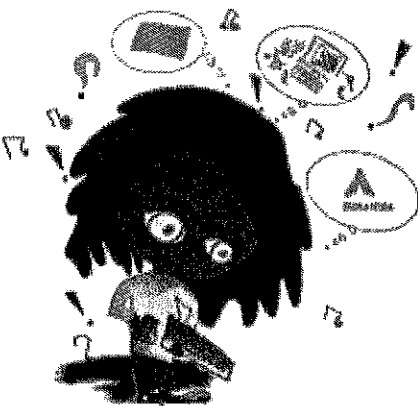
Praise their Effort

Instead of saying "You are so smart," which makes them think that it was something they were born with, praise their hard work and effort. Try saying things like:

- Wow! You must have worked really hard on this!
- That was a great strategy you used! Can you show me how you did it?
- That was a challenging assignment. I love how you stuck with it and didn't give up

Let them fail

This is a scary thing for everyone, but when students see that we can grow and learn from failure, it makes us stronger. Allow them to see that "failure" is not as an end, but a learning experience to grow from.



I have not failed. I have found 10,000 ways that won't work.

Thomas Edison

HELP THEM CHANGE THEIR INNER VOICE

If he says, "This is too hard" have him say "This is hard, but it will get easier."
If she says "This is good enough" have her say "Is this really my best work?"

Remember, intelligence is not set in stone. Just like any muscle, the more you work it, the stronger it gets. Challenging problems, difficult tasks, making mistakes and failing, all make us smarter!

growth mindset

ways to help your child

TALK ABOUT IT

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- What did you do that was difficult today?

ENCOURAGE FAILURE (say what?!)

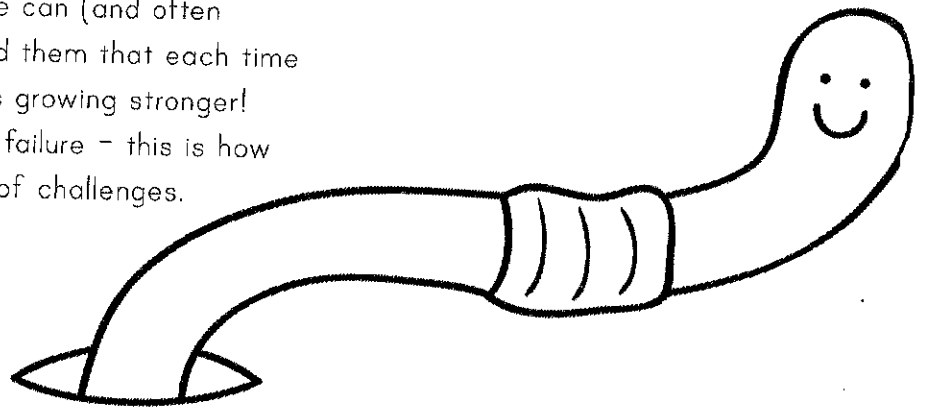
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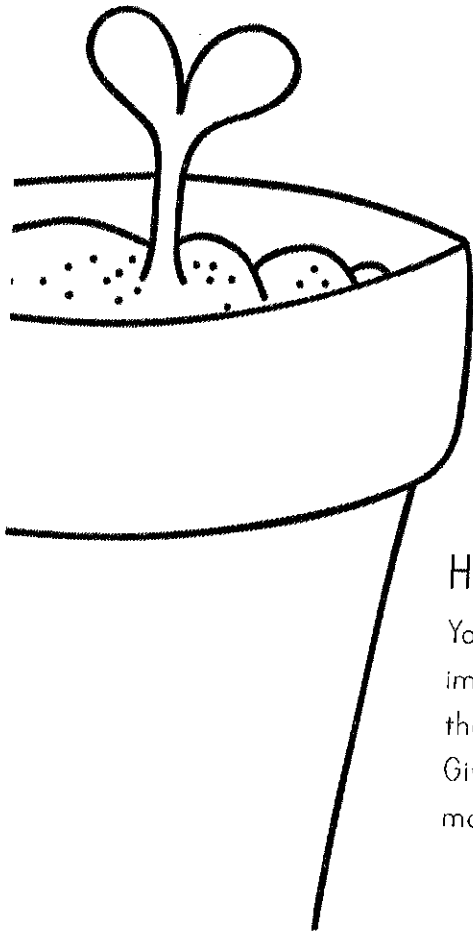


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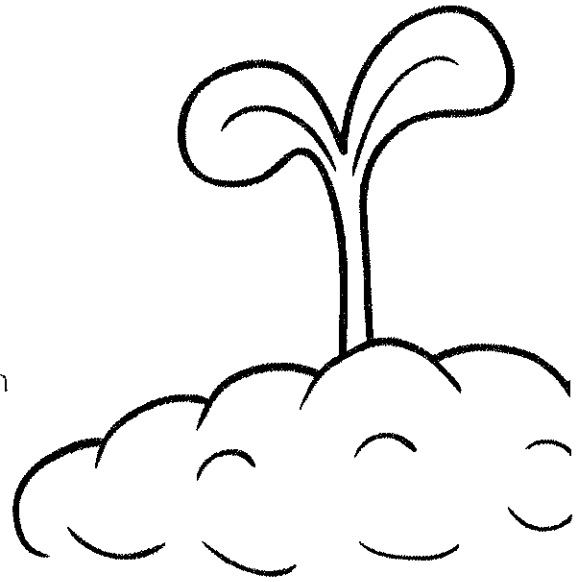
Your child's self-talk, or internal monologue, makes a huge impact on their mindset. If they say, "This is too hard!" help them change that to "I can't do this yet, but I will keep trying." Give them the words to say when they are feeling defeated by modeling it yourself!



growth mindset

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