

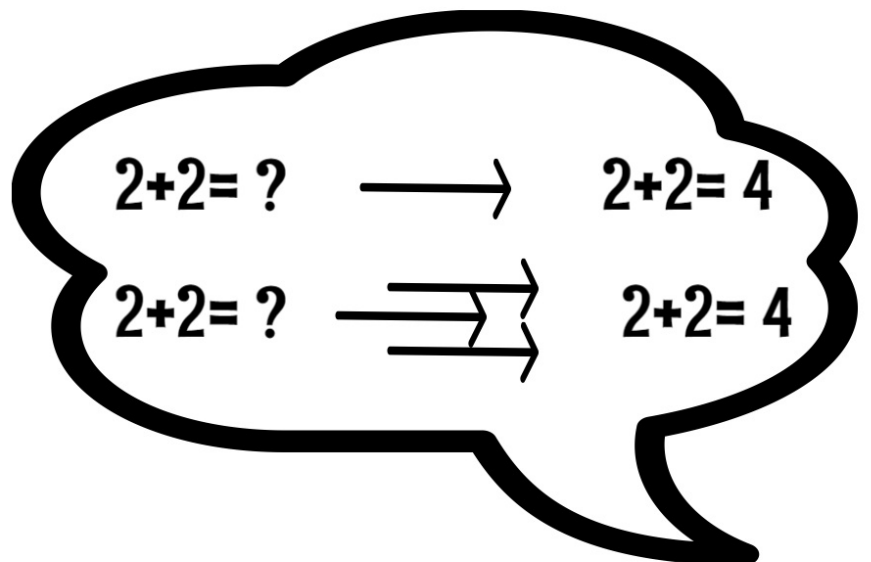


GROWTH MINDSET

What is a Growth Mindset?

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. This means you can learn anything!

How your brain works



When you learn something new, the cells in your brain (called neurons) make a connection

The more you practice that skill the stronger the connection, gets & the easier the skill will become!



The opposite of a growth mindset is a fixed mindset! People with a fixed mindset believe that you are born with your intelligence & skills- so challenges should be avoided.

Fixed Mindset

- skills are something you are born with
- challenges are to be avoided
- effort is to be avoided them & gives up easily
- gets offended
- takes it personally
- blame others
- gets discouraged

SKILLS

CHALLENGES

EFFORT

FEEDBACK

SETBACKS

Growth Mindset

- smarts & skills come from hard work
- embraces challenges & keeps trying
- effort is necessary to learn something new
- learns from feedback
- knows it is important
- knows that setbacks are a part of learning, & encourages you to work harder

CONGRATULATIONS! YOU FAILED!

Growth mindset teaches us that it is okay to fail! When we face challenges we learn & grow



Walt Disney

The man behind Disney was fired from his first job for not being creative enough. He didn't give up and he ended up building one of the most successful creative companies in the world!



JK Rowling

The author of the Harry Potter series was turned down by dozens of publishers. She kept going and now the series has sold more than 400 million copies!



Michael Jordan

The famous basketball player has won 6 NBA championships, but he didn't start out a champion. Michael Jordan was cut from his high school basketball team! This made him determined to work even harder.

Famous 'Failures'

**HOW TO
DEVELOP A**



GROWTH MINDSET

STEP ONE

Catch yourself when you are using a fixed mindset

I'm not good at book reports- why even try?

STEP TWO

Change your language to be a growth mindset

Okay I haven't done well at book reports before, but this time I'll try a different strategy

STEP THREE

Embrace the challenge

This reading is hard, which means my brain is growing!

Growth Mindset Coloring

Mistakes
are PROOF that you
are TRYING

Doodle Art Alley ©

all things are
DIFFICULT
before they are
EASY

-Thomas Fuller



The EXPERT in
anything was
once the
BEGGINER



K. Conner, 2015



Growth Mindset

Parent Tips

Talk About It:

Talk to your student about their day, but guide the discussion with questions like:

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

Encourage Failure:

Your child needs to know that failure can happen and it is okay! Remind him that each time he fails and tries again, his brain is growing stronger! Don't step in to prevent your child's failure- this is how he learns to persevere in the face of challenges.

Help Them Change Their Dialogue:

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

Praise the Process:

Instead of saying, "You're so smart!" praise effort, persisting through challenges, or being creative. You can say something like:
- "Wow! You must have worked really hard on this!"

The Brain Can Grow:

Remind your student that her intelligence is not fixed. Remind her that when things are difficult, her brain grows if she persists through the challenge. Each time she learns something new, her brain is making new connections. Your child needs to know this is possible!