

PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

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PRAISE

FOR:

- EFFORT
- STRATEGIES
- PROGRESS
- HARD WORK
- PERSISTENCE
- RIISING TO A CHALLENGE
- LEARNING FROM A MISTAKE



NOT FOR:

- BEING SMART
- BORN GIFTED
- TALENT
- FIXED ABILITIES
- NOT MAKING MISTAKES

SAY:

- "YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"
- "WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."

THE POWER OF "NOT YET"

SAY:

- "YOU CAN'T DO IT YET."
- "YOU DON'T KNOW IT YET."
- "BUT IF YOU LEARN AND PRACTICE, YOU WILL!"



GROWTH MINDSET
 YOU CAN GROW YOUR INTELLIGENCE

VS
 FIXED MINDSET
 YOU CAN'T IMPROVE NATURAL ABILITIES YOU WERE BORN WITH

BRAIN CAN GROW

SAY:

- "YOUR BRAIN IS LIKE A MUSCLE. WHEN YOU LEARN, YOUR BRAIN GROWS. THE FEELING OF THIS BEING HARD IS THE FEELING OF YOUR BRAIN GROWING!"

FAILURES AND MISTAKES = LEARNING

SAY:

- "YOU CAN LEARN FROM YOUR MISTAKES."
- "MISTAKES HELP YOU IMPROVE."
- "LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

ASK

- "WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"
- "WHAT NEW STRATEGIES DID YOU TRY?"
- "WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"
- "WHAT DID YOU TRY HARD AT TODAY?"

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.



BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"



MINDSET INTRODUCTION FOR PARENTS



Your school is teaching students about Mindset. It is important for you to be aware of what it is, why it's important, and how you can support it.

What is mindset and why is it important?

Mindset is a simple idea discovered by world-renowned Stanford University psychologist Carol Dweck in decades of research on achievement and success. Dr. Dweck identified two mindsets people can have: a fixed mindset and a growth mindset.

In a fixed mindset, people believe their basic qualities, like intelligence or talent, are fixed traits. They spend their time documenting their intelligence or talent instead of developing them, and believe that talent alone creates success, without effort, which is wrong.

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work. This view creates a love of learning and a resilience that is essential for great accomplishment. Virtually all people who achieved top performance had these qualities. Research shows that people with this view reach higher levels of success than people with fixed mindset beliefs.

Teaching a growth mindset creates motivation and productivity in the worlds of business, education, and sports. It enhances relationships, and increases achievement.

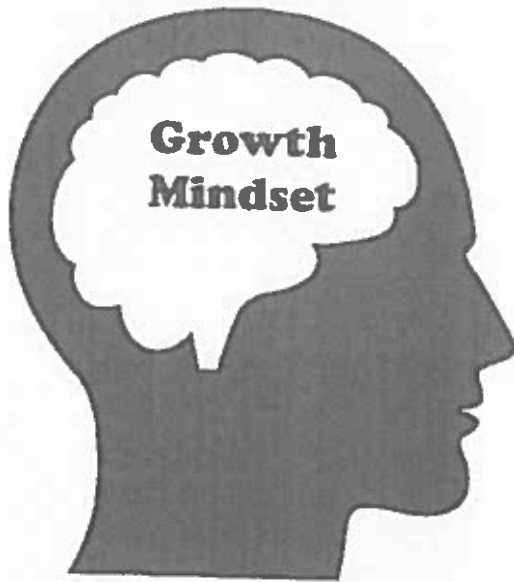
How can I support a growth mindset in my child?

No parent thinks "I wonder what I can do today to undermine my children, subvert their effort, turn them off learning, and limit their achievement." Of course not. We think "I would do anything, give anything, to make my children successful." Yet many of the things we do boomerang. Our best intentioned judgments, our lessons, our motivating techniques often send the wrong message, unintentionally. In fact, every word and action sends a message. It tells children – or students or athletes – how to think about themselves. It can be a fixed mindset message that says: "You have permanent traits and I'm judging them," or it can be a growth mindset message that says: "You are a developing person and I am interested in your development."

The most important thing you can do to help your child instill a growth mindset is to praise them for effort rather than for talent. Messages like "You learned that so quickly! You're so smart!" teach the child that they either are or aren't smart, and that effort is a sign of weakness. When they encounter difficulty in the future, they tend to then feel not smart and retreat. Instead, messages such as "I like the way you approached that problem", or "good job to hang in there and find a different strategy that did work", or "sorry, that seemed to be too easy for you, let's do something more challenging", teaches kids that effort is something we can all benefit from to reach our full potential, and that they need to be working purposefully in order to grow.

What if I want to learn more? You can visit the Mindset website, <http://mindsetonline.com/>, read Dr. Carol Dweck's book *Mindset*, or visit the Mindset Works website, which your kids' school is using to instill a growth mindset in kids and adults: <http://www.mindsetworks.com/>

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.



WHICH STEP HAVE YOU REACHED TODAY?