



GROWTH MINDSET

What is Growth Mindset?

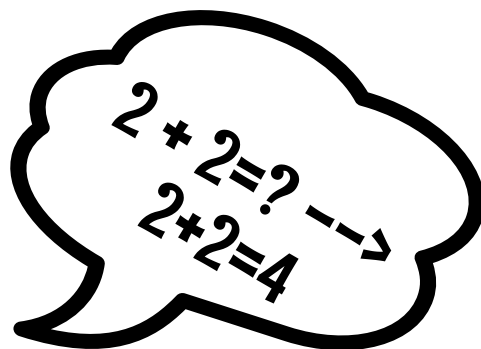
What is Growth Mindset?

We used to think that our intelligence was fixed—meaning we were either smart or we weren't.

Scientists have proven that is NOT true. Our brain acts like a muscle— the more we use it, the stronger and smarter it becomes! This means you can learn anything!

How your brain works

When you learn something new, the cells in your brains (called neurons) make a connection. The more you practice that skill, the stronger the connection gets and 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 and skills- so challenges should be avoided.

Fixed Mindset

Growth Mindset

Skills are something you are born with

SKILLS

Knowledge and skills come from hard work

Challenges are to be avoided

CHALLENGES

Embraces challenge and keeps trying

Effort is to be avoided and you give up easily

EFFORT

Effort is needed to learn something new

Gets offended and takes it personally

FEEDBACK

Learns from feedback & knows it is important

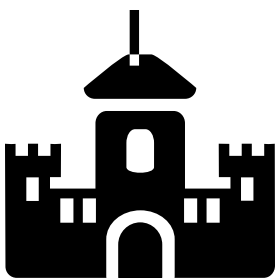
Blames others and gets discouraged

SETBACKS

Knows that setbacks are a part of learning and encourages you to work harder

CONGRATULATIONS, YOU FAILED!

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



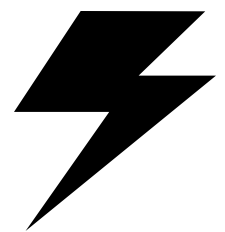
Walt Disney

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!



Michael Jordan

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

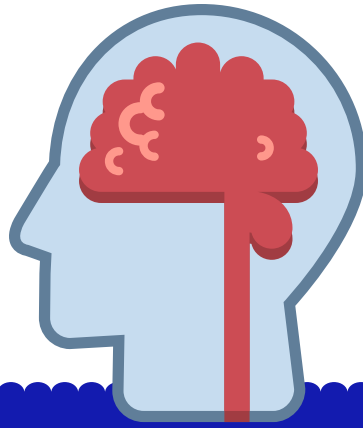


JK Rowling

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

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 growth mindset.

Okay, I haven't done well at book reports before. 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

Tips for Parents:

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 Mistakes:

Your student needs to know that failure and mistakes can happen and it is okay! Remind them that each time they fail and try again, their brain is growing stronger! Don't prevent your student from failure- this is how they learn to persevere in the face of challenges!

Help Them Change Their Dialogue:

The way your student 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".

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 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.