

Instilling a Growth Mindset in our Students

This semester the focus of our Bounce Back program and newsletter articles will be on developing a Growth Mindset in our students. Here is a visual of some of the exciting things we will be covering this semester. Please feel free to try a few of these strategies at home.

PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal
www.biglifejournal.com

PRAISE

FOR:
 EFFORT
 STRATEGIES
 PROGRESS
 HARD WORK
 PERSISTENCE

RISING 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.

