

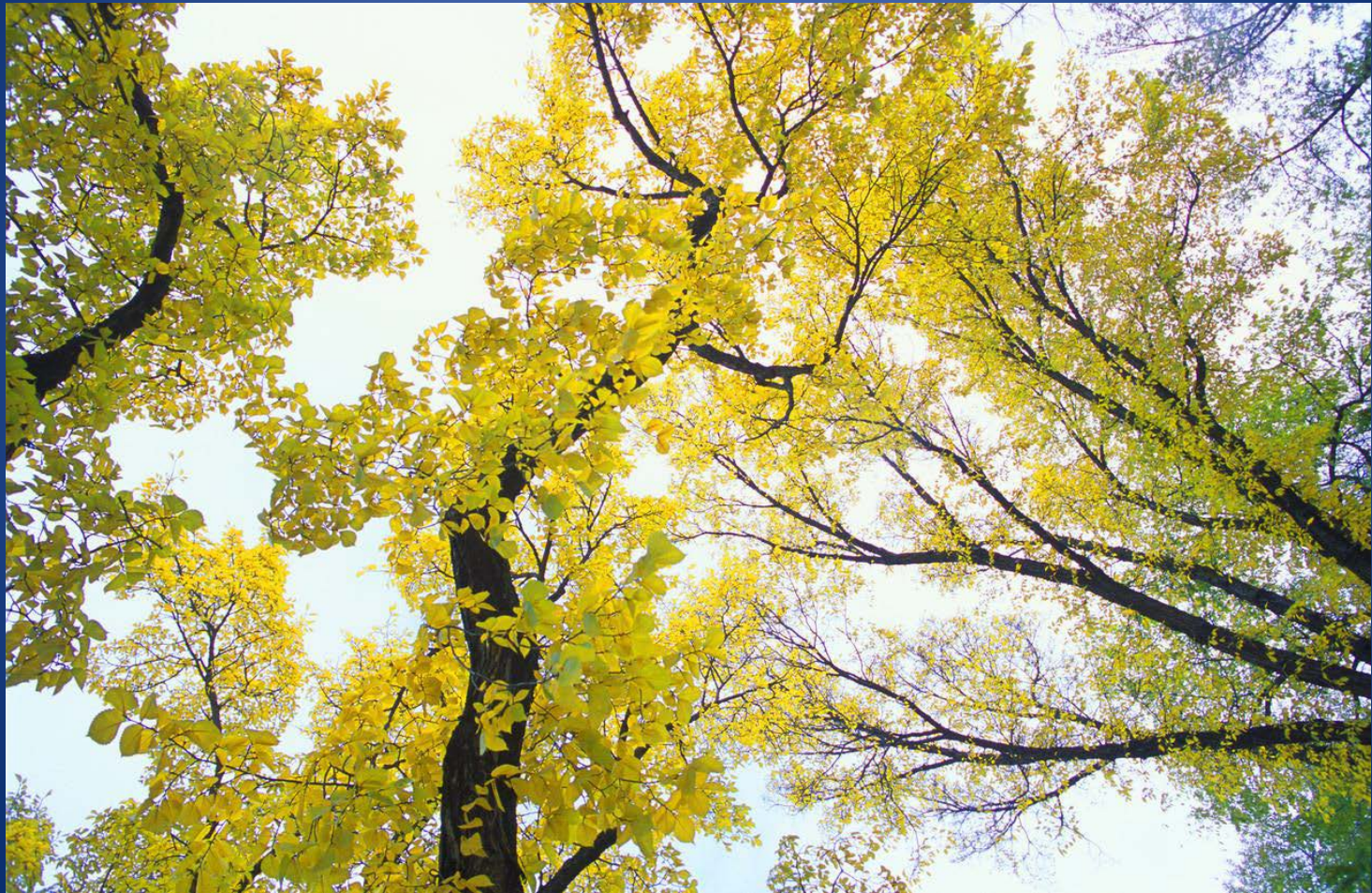
# A Quick and Easy Parent Guide For Understanding and Implementing a Growth Mindset at Home

Stephanie Carriero, M.A., PPS

Stone Ranch Elementary School Counselor

#growthmindset

What do you want your children to believe about themselves and about learning?





## Importance of Mindset

According to Stanford University psychologist Carol Dweck... “Success is not determined by innate talents and intellect...

success depends upon our mindset.”—

the degree to which we believe we have the capacity to cultivate our intelligence and grow our abilities.

# What Mindset Are You Modeling For Your Children?

- **Fixed Mindset:** A belief system that a person has a predetermined amount of intelligence, skills or talent.
- **Growth Mindset:** A belief system that one's intelligence can be grown or developed with persistence, effort and a focus on learning.

# What is Growth Mindset?

<https://www.youtube.com/watch?v=wh0OS4MrN3E>

Growth mind-sets focus on EFFORT and motivating students to overcome challenging work.

# How Praise Impacts Students Effort?

<http://www.youtube.com/watch?v=NWv1VdDeoRY>

Try to give specific praise at a rate of 4:1 or 5:1 to each specific correction.

# Fixed Mindset vs. Growth Mindset

Fixed Mindset	Growth Mindset
<b>Intelligence is static.</b>	<b>Intelligence can be developed.</b>
Leads to a desire to <i>look smart</i> and therefore a tendency to	Leads to a desire to <i>learn</i> and therefore a tendency to
<ul style="list-style-type: none"><li>• <b>avoid challenges</b></li></ul>	<ul style="list-style-type: none"><li>• <b>embrace challenges</b></li></ul>
<ul style="list-style-type: none"><li>• <b>give up easily due to obstacles</b></li></ul>	<ul style="list-style-type: none"><li>• <b>persist despite obstacles</b></li></ul>
<ul style="list-style-type: none"><li>• <b>see effort as fruitless</b></li></ul>	<ul style="list-style-type: none"><li>• <b>see effort as path to mastery</b></li></ul>
<ul style="list-style-type: none"><li>• <b>ignore useful feedback</b></li></ul>	<ul style="list-style-type: none"><li>• <b>learn from criticism</b></li></ul>
<ul style="list-style-type: none"><li>• <b>be threatened by others' success</b></li></ul>	<ul style="list-style-type: none"><li>• <b>be inspired by others' success</b></li></ul>

# *Introduce kids to the concept of the malleable mind !*

**\*\*\*Recent research in neuroscience shows that our brains develop through effort and learning, and that they are more malleable than previously thought.**

Let students know that when they are practicing hard things their brains are forming new connections and making them smarter. Teach students that the more they practice a new skill, the stronger their brains will be for that particular skill.



# A Culture of “I Can”

Help kids become aware of their self-talk. Give them Growth Mindset Language through modelling and role play:

- I learn from my mistakes... Yeah Mistakes!
- I will persevere!
- I CAN grow my brain!
- I work hard!
- I love challenges!
- I don't give up!



# Use the Power of “...yet!”

Carol Dweck:

<http://www.youtube.com/watch?v=ZyAde4nIIm8>

A fun way to teach kids about “...yet!”:

For primary:

<http://www.youtube.com/watch?v=XLeUvZvuvAs>

For intermediate:

<http://www.youtube.com/watch?v=JC82I12cjqA>

"If you manage people or are a parent (which is a form of managing people), drop everything and read *Mindset*."  
—Guy KAWASAKI, author of *The Art of the Start*

# mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN  
LEARN TO FULFILL  
OUR POTENTIAL

\*parenting  
\*business  
\*school  
\*relationships

"Will prove to be one of the most influential books ever about motivation."  
—Po BRONSON, author of *NurtureShock*

CAROL S. DWECK, Ph.D.