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What is a Mindset?

A collection of attitudes and beliefs that shape your thoughts.



Fixed Mindset

Belief that intelligence and talent are determined at birth.

You either are good at something, or you're not, based on your natural abilities. Your abilities are "fixed" and cannot be changed.



Growth Mindset

Belief that you can learn and develop skills through determination, hard work, and effort, even if it is not a natural talent. Challenges are seen as opportunities to grow.



Fixed or Growth



I can't make this any better. I'm just not good at it.

I'm not good at math; I'm not a good writer.

It's easy for him/her. They are just smarter than me.

I give up! This is too hard.



What am I missing? I will keep trying because I can improve.

I am going to train my brain to work hard, even when things are challenging.

I'm going to ask him/her about the strategy they use and try it too.

It may take time and effort, but I'll try a different strategy and hope to get it

How do I Promote a Growth Mindset in My Child?

Praise the process, not the person

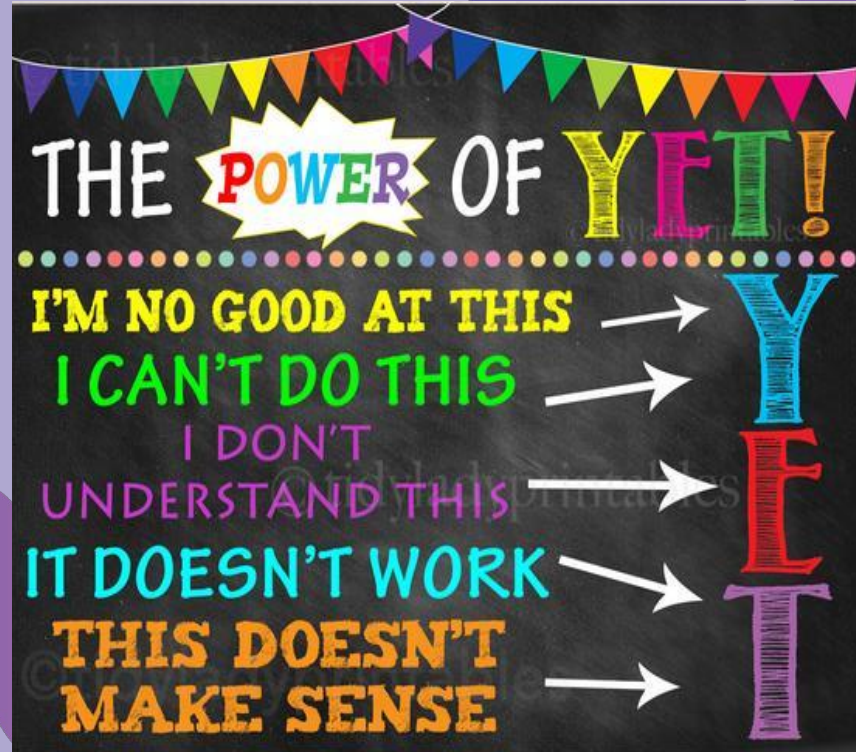
- Praise your child's use of strategies and resourcefulness (asking for help, trying a different way, asking a friend)
- Praise your child's persistence through a challenging task
- Be honest and discuss errors and mistakes and help your child to see them as areas to learn and improve



Praise the process, not the person cont...

<i>Instead of...</i>	<i>Try...</i>
Great job! You must be smart at this.	Great job! You must have worked really hard!
See, you <i>are</i> good at English! You got an A on your last test.	You really studied for your English test and your improvement shows it.
You got it! I told you that you were smart!	I'm proud of you for trying more than one strategy when trying to solve that math problem!
You are an amazing sharer!	You shared your game with your friend and now she is smiling. How does that make you feel?
Great job! You made the team! I told you that you were a rock star soccer player!	TRY IT!

Never Forget the Power of YET!



Take Aways

The background is a light purple gradient with several wavy, darker purple and pink shapes. Scattered throughout are small white dots, yellow stars, and a black graduation cap with a gold tassel.

**Growth
Mindset vs.
Fixed
Mindset**

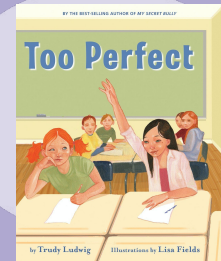
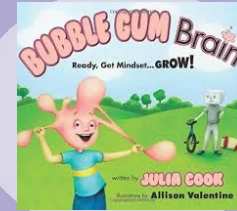
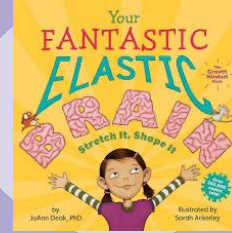
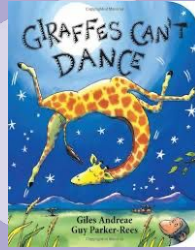
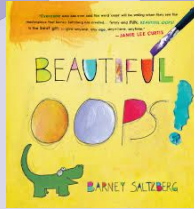
**Praise the
process, not
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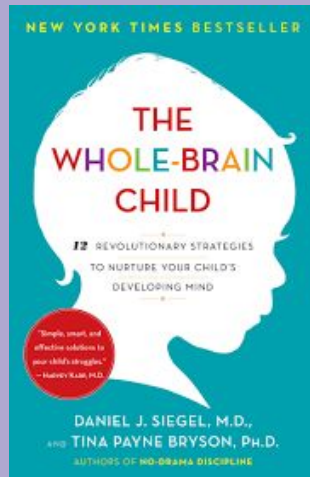
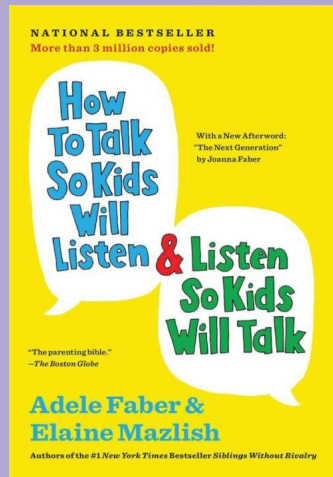
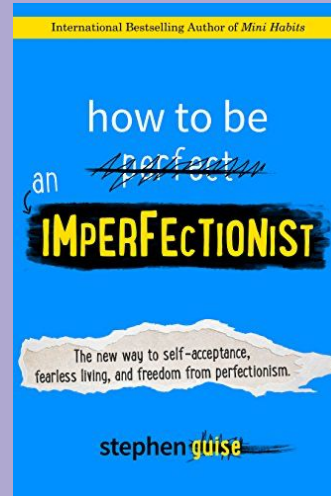
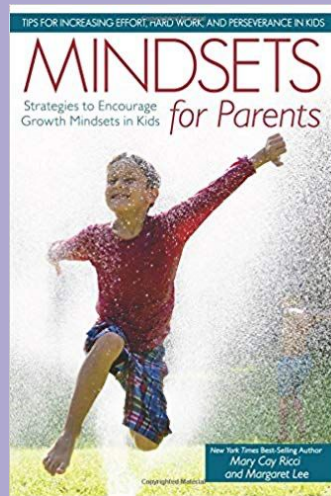
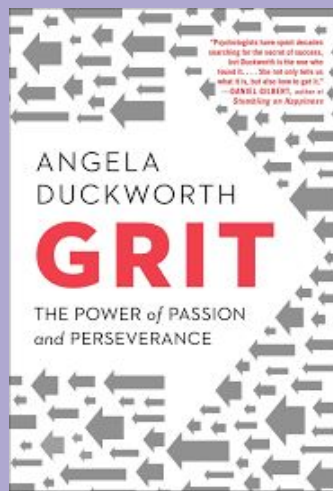
**Power of
Yet!**

**SURVEY
RESULTS!**



Book Recommendations







Thank
you!

Questions?