

# Growth Mindset

Earlier this year, all classrooms had the opportunity to participate in lessons about Growth Mindset. These lessons have shaped a lot of the work that students and teachers have done this year. Below is some information that might be helpful to you as a parent as you work to instill a growth mindset with your child.

## Terminology Students are Using

**Growth Mindset:** In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone's the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it (Morehead 2012).

**Key characteristics of a student with a growth mindset:** willingness to try things over and over, take risks without fear of failure, see mistakes as an opportunity to learn, realize that struggle is where the learning happens

**Fixed mindset:** students believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount of ability or intelligence, and that's that.

**Key characteristics of a student with a fixed mindset:** afraid to try something new or take on challenges, look at challenges as a "bad" thing, fear of failure, think that making mistakes makes them appear "dumb"

**Persistence:** the ability to continue working at something even after making a mistake or failing in some way.

**Resilience:** the ability to recover from a set back; pick yourself up and try again.

**Grit:** Using both persistence and resilience in order to achieve a goal



## Questions/Prompts parents can use to support a growth mindset...

"You say you're stuck - tell me what you do know about this problem."

"Don't get frustrated - you just don't have it yet."

"How can you use what you know to help you through this work?"

"What could you do differently next time?"

"How could you use feedback from others to get better at this?"

"How might this mistake help you figure out a new approach?"

The power of yet - any time your child is struggling with something, remind them that they are just not there yet.

## Complimenting your child on their Growth Mindset...

"You never gave up, even when things were difficult for you."

"You have such a positive attitude when faced with a challenge."

"You just can't do this...yet."

"Take a risk - what is there to lose?"

"That was a creative way to solve that problem!"

"I could really see you using your strategies to figure that out."

Here are a few articles if you would like more information on Growth Mindset:

<http://www.usnews.com/news/articles/2015/11/23/teachers-parents-often-misuse-growth-mindset-research-carol-dweck-says>

<http://www.edweek.org/ew/articles/2015/09/23/carol-dweck-revisits-the-growth-mindset.html>

If you haven't had the chance, stop by our bulletin board by the gym to check out ways students plan on "growing their brain". There are also some examples of students changing their words to support a Growth Mindset. Please feel free to call or email with any questions you have about our work!

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