



Spotlight for Parents

PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

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PRAISE

FOR:

EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE

RIISING 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."

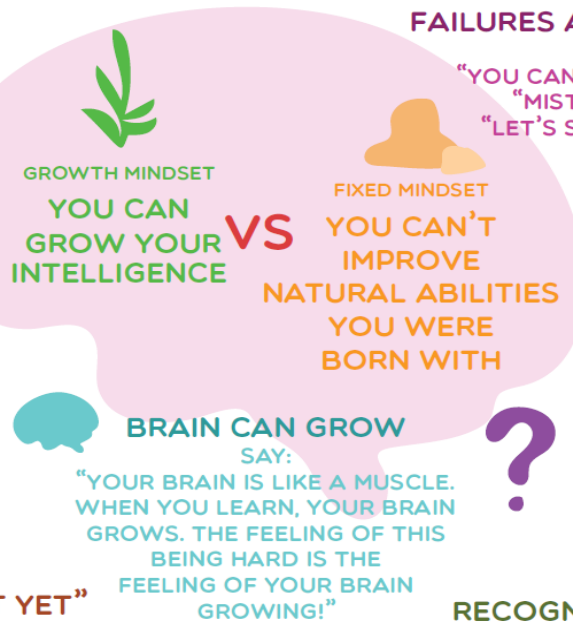
THE POWER OF "NOT YET"

SAY:

"YOU CAN'T DO IT YET".

"YOU DON'T KNOW IT YET."

"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"



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.

BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"

What is a Growth Mindset?

- The beliefs children have about intelligence, effort, and struggle impact the choices they make about learning.
- People tend to hold one of two different beliefs about intelligence:
- Children with a growth mindset believe that intelligence can be developed. These students see school as a place to develop their abilities and think of challenges as opportunities to grow.
- Children with a fixed mindset believe that intelligence is fixed at birth and doesn't change or changes very little with practice. These students see school as a place where their abilities are evaluated, they focus on looking smart over learning, and they interpret mistakes are a sign that they lack talent.

<https://www.mindsetkit.org/growth-mindset-parents/learn-about-growth-mindset/what-is-growth-mindset-parents>

The way parents talk about ability and learning can have powerful effects on their kids' beliefs. Below are three ways parents can instill a growth mindset. And remember, developing a growth mindset in yourself and in your kids is a process that takes time. Have a growth mindset about developing a growth mindset!

- **Recognize your own mindset:** Be mindful of your own thinking and of the messages you send with your words and actions.
- **Praise the process:** Praising kids for being smart suggests that innate talent is the reason for success, while focusing on the process helps them see how their effort leads to success.
- **Model learning from failure:** When parents talk positively about making mistakes, kids start to think of mistakes as a natural part of the learning process.

<https://www.mindsetkit.org/growth-mindset-parents/how-parents-can-instill-growth-mindset/3-ways-parents-can-instill-growth-mindset>

