PARENT'S GUIDE TO A GROWTH MINDSET

GROWTH MINDSET

YOU CAN GROW YOUR INTELLIGENCE

VS

FIXED MINDSET

YOU CAN'T IMPROVE NATURAL ABILITIES YOU WERE BORN WITH

PRAISE

FOR:
EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE
RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

FACILITIES 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?"

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!"

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"