

WHY GROWTH MINDSET

How children or for that matter adults approach learning experiences is a predictor of their present and future success. If the learner believes that effort and motivation are the main factors that lead to success—they will be successful. So our belief systems play the major role in predicting school success. *If you think you can, or you think you can't, you are probably right?* Henry Ford

CAN INTELLIGENCE BE GROWN?

Carol Dweck and her Stanford colleagues have shown through longitudinal studies that students explicitly trained with strategies to change their belief systems to a growth mindset belief system do better academically and on achievement tests. (Blackwell, L. Trzesniewski, K., & Dweck, C. S. (2007). For more information, check out the information and resources available at www.mindsetwork.com.

Growth Mindset is a belief that the ability to learn is not fixed; that it can change with effort.

Angela Lee Duckworth

PARENTS, TEACHERS & COACHES

We all want our children to be all they can be. Back in the early 1960's it was believed that we promoted self-confidence by telling children they were valued and how wonderful they were. It is not that praise is bad in fact we know recognition is important to help promote success. It is how we offer praise that makes a difference.

DO'S AND DON'TS OF PRAISE

The wrong kind of praise creates self-defeating behavior. The right kind motivates students to learn.

Carol Dweck

1. **Do Not Praise the Person:** When we tell students they did well because they are smart, we diminish their efforts and encourage a belief that only those things they already KNOW how to do can show they are smart.
2. **DO Process Praise:** Recognition of a student's effort keeps students focused on their efforts to do well. Encouragement such as, "You really worked hard at studying for that test and it paid off."

HOW CAN PARENTS & TEACHERS SUPPORT STUDENTS?

If you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid.

Albert Einstein

Dr. Dona Matthews & Joanne Foster suggest an "A-List" of what matters most in a child's education. Some examples include:

1. **Authenticity:** Help a child find his/her interests, values and ways of being.
2. **Augmentation:** Encourage a child to build upon their strengths.
3. **Achievement:** Celebrate a child's achievement, and help them learn from his/her failures.

SOME FINAL THOUGHTS

Parenting is rewarding, challenging and sometimes downright scary. Remember, children develop at all different rates. As they face their challenges, be present for them. Model a confidence that your child will be successful when they put forth effort, motivation, and advocate responsibly for his/her needs.

