A campaign to educate parents about the concepts of Growth Mindset and to promote the development of positive parenting behaviors
Growth Mindset
Based on the Research of Carol Dweck

Mindset: The New Psychology of Success
By Carol Dweck, Ph.D.
Those with a *Fixed Mindset* believe success is the result of:

- Ability
- Talent
- Luck
Those with a *Growth Mindset* believe success results from:

- Effort
- Persistence
- Learning from Mistakes
TEACHERS AND PARENTS WITH A GROWTH MINDSET

- Recognize **EFFORT**
- Praise **PERSISTANCE/PERSEVERANCE**
- Remind your child that everyone **LEARNS FROM THEIR MISTAKES**
Mindset Shifts

Instead of saying this...

You are so athletic!

You are really smart!

You are such a good artist.

You’re a great athlete. You could be the next Miguel Cabrera.

You always get good grades; that makes me happy.

Say this.

You really work hard and pay attention when you are on the field.

You work hard in school and it shows.

I can see you have been practicing your drawing. What a great improvement!

Keep practicing and you will see great results.

When you put forth effort, your grades show it. You should be so proud of yourself. I am proud of you!
CHANGE YOUR WORDS - CHANGE YOUR MINDSET!

- I'm not good at this.
- This is too hard.
- I'm awesome at this!
- I give up.
- It's good enough.
- What am I missing?
- I'll never be as smart as her.
- I made a mistake.
- I can't do math.
- I can't make this any better.
- I'll use some of the strategies I've learned.
- I'm on the right track.
- I'm going to train my brain in math.
- Mistakes help me improve.
- I can always learn! I'll keep trying!
Resources for Teachers & Parents


http://www.teachit.so/mindset.htm


www.mindsetonline.com/howmindsetaffects/parentsteacherscoaches

http://alexvermeer.com/why-your-mindset-important/

Mindset: The New Psychology of Success
By Carol Dweck, Ph.D.
Coming Soon!

Tips on how to parent with a growth mindset on our school web site, in our parent newsletters, via school messenger, & classroom newsletters.
Research-Based Tips for Parents

What YOU SAY can positively affect your child’s success in school and in life. Research shows that parenting with a GROWTH MINDSET better ensures your child’s success in school, sports, and life.

PARENT AND PRAISE WITH A GROWTH MINDSET:

- Recognize EFFORT
  
  You worked really hard!

- Praise PERSISTANCE
  
  You kept working, even though this was hard for you!

- Remind your child that everyone LEARNS FROM THEIR MISTAKES
  
  You made some mistakes, that’s ok. What did you learn from them?