

A PARENT'S GUIDE TO

GROWTH MINDSET

What is Growth Mindset anyway?

A person has a growth mindset when they believe that their intelligence and basic abilities can be improved through hard work, dedication, and positivity.



Someone with a Growth Mindset might say:

"How can I improve?"

"I'm not sure I can do it, but I can learn with time and effort."

"I need to take responsibility in order to learn."

"Failures will help me learn."

"I don't know how, but I will learn."

"Challenges will help me grow!"

What does research say?

"When students believe they can get smarter, they understand that effort makes them stronger. Therefore they put in extra time and effort, and that leads to higher achievement."

~ Mindset Works ([https://](https://www.mindsetworks.com/science/)

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FIXED MINDSET

What is Fixed Mindset anyway?

A person has a fixed mindset when they believe that their intelligence and basic abilities is the way it is and cannot grow.



Someone with a Fixed Mindset might say:

"I could never learn how to do that."

"My parent is not good at math, so I won't be good either."

"She's naturally smart, I will never be as smart as her."

"I dislike making mistakes."

"I won't try because I don't want to look bad."

"I'll do the easiest option, so I don't fail."

STUDENTS WHO HAVE A

Growth Mindset

are more likely to...

- TAKE RISKS
- LEARN FROM MISTAKES
- CHOOSE CHALLENGES
- LEARN MORE
- LEARN QUICKER
- LOOK FOR FEEDBACK
- BE MOTIVATED TO SUCCEED

Fixed Mindset

are more likely to...

- GIVE UP EASILY
- SEE EFFORT AS FRUITLESS
- AVOID CHALLENGES
- BE EMBARRASSED TO MAKE MISTAKES
- FEEL THREATENED BY OTHER'S SUCCESS