

ENCOURAGING A GROWTH MINDSET

What is a growth mindset?

Growth mindset is a concept developed by Carol Dweck, Professor of Psychology at Stanford University. It is belief that a person's abilities and intelligence can be developed through practice, hard work, dedication, and motivation.

What is a fixed mindset?

A fixed mindset is the notion that intelligence and talent alone will lead to success. People with a fixed mindset believe that these things are "fixed" and cannot be developed or improved upon. They believe that you are either born with it or not, and nothing can change that.

Growth mindset concepts also foster an inner dialogue that is essential for ST.E.M exploration.

For example:

*-I can always improve.
-I'm on the right track.*

-I can keep trying even when it's hard.

-This may take some time and effort.

-I can build on previous ideas.

-I haven't solved the problem – YET!



Why is having a growth mindset important?

Research has shown that children who have fixed mindset are more likely to:

- Fear failure
- Give up on tasks they feel are too difficult.
- Ignore feedback
- Avoid challenges
- Feel threatened by the success of others.

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

GROWTH MINDSET!

What can you tell yourself?

FIXED MINDSET	GROWTH MINDSET
1. I can't do this.	
2. I give up.	
3. My work isn't good enough.	
4. This is too hard.	
5. My plan didn't work	
6. My friend can do it, but I can't.	
7. Math is too hard.	
8. I'm not a good reader.	
9. It's good enough.	
10. I'm awesome at this!	
11. The answer is fine the way it is.	
12. This is not a strength of mine.	
13. I just don't get it.	
14. She's so smart.	
15. This is too challenging.	

GROWTH Mindset

How can you help your preschooler be prepared to learn and succeed?

It might not be in the ways you think.

1. Teach your child about the plasticity of their brain. Help them understand that their brain is a muscle that can become stronger with exercise.
2. Encourage them to embrace mistakes. Help them to understand that a mistake is an opportunity to learn.
3. Praise them for the process they are going through to learn and not about being intelligent and talented.
4. Model efforts to learn and celebrate your own mistakes in front of them!

