GROWING A GROWTH MINDSET

A “fixed mindset” assumes that our character, intelligence and creative abilities are fixed and we cant change them.

REFLECT …

What are some of the thoughts, beliefs or behaviors that may have hindered your growth?

What are some of the ways you have spoken to your children that may have encouraged a fixed mindset?

What will you do going forward, to change some of your thoughts, beliefs, internal and external language in order for you and your family develop a growth mindset?

“Change can be tough, but I’ve never heard anybody say it wasn’t worth it”

* Carol Dweck,

Mindset

WORDS MATTER

Language plays a central role in defining and constructing our world view and has the potential to create and transform our lives.

It makes sense to pay attention to what words to use as internal and external language.

What are some positive energy words that you have used / intend to use this week?

GROWING A GROWTH MINDSET

Are You Ready for a Positive Change?

Our mindset decides if our character, intelligence and creative abilities are either fixed or can be changed.

Question Title

1. I like to learn new things

Strongly agree

Agree

Disagree

Strongly disagree

Question Title

2. I believe that the harder I work at something, the better I will be at it

Strongly agree

Agree

Disagree

Strongly disagree

Question Title

3. I avoid working on things that I am not naturally good at

Strongly agree

Agree

Disagree

Strongly disagree

Question Title

4. When a task is difficult for me, I

Persist and continue with the task without worrying about the outcome

Give up and do something else that I am good at

Feel uncomfortable

Question Title

5. When my child is irritated with a task, I

Immediately offer help before he / she becomes frustrated

Allow my child to struggle till it gets done

Encourage my child to keep working and to consider a different technique / strategy

Question Title

6. When my child does something well, I say:

What a fabulous job! You are so intelligent!

You did well but you could do better

I like that you put so much effort and energy in completing it. The effort has paid off!

Question Title

7. When my child comes home with a poor test result, I say:

Lina did so well. Why didn’t you?

What could you do to improve how you did on the test?

I told you that if you don’t study you won’t do well!

Question Title

8. When someone else does well, I

Point out their excellence and achievement

Point out their effort and hard work

Feel bad that I did not do as well as they did

Question Title

9. When my child asks me a question, I don’t know the answer to I say:

I am too busy to answer this now

You should ask your teacher

Hey. I do not know the answer to that. Why don’t we find the answer together?

Question Title

10. When I know the teacher pronounces a word incorrectly in front of my child, I say to my child:

The teacher is terrible! How do they allow her to teach!

Convey to my child that pronunciation errors are normal, and some words need to be practiced using an online pronunciation dictionary many times before we develop mastery

Express empathy and understanding for the teacher that made the mistake