

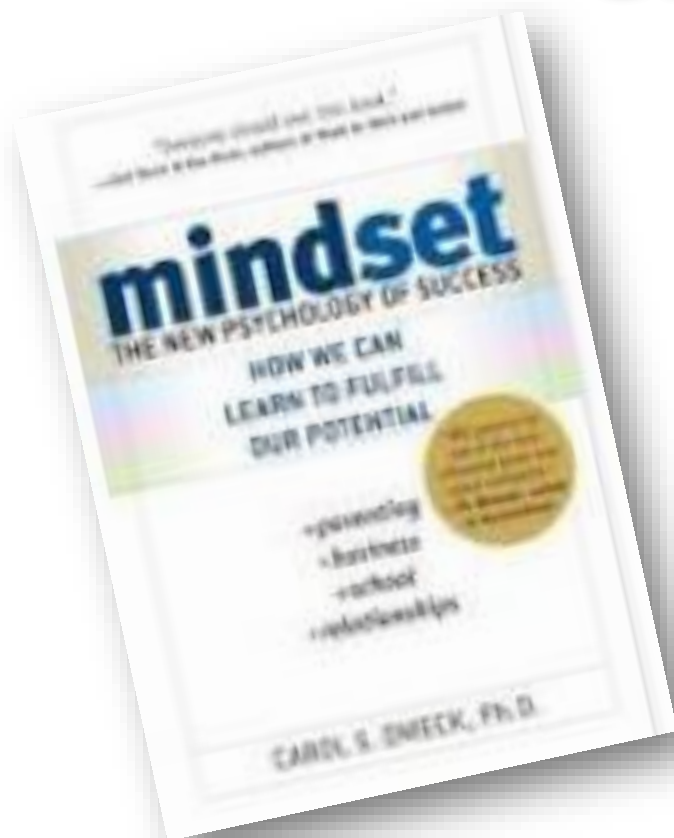
Promoting
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Growth Mindset

Chippewa Valley Schools | Chippewa Valley Coalition for Youth and Families

**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...

Say this.

You are so athletic!

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

You are really smart!

You work hard in school and it shows.

You are such a good artist.

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

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

Keep practicing and you will see great results.

You always get good grades; that makes me happy.

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.

What am I missing?

This is too hard.

THIS MAY TAKE SOME TIME AND EFFORT.

I'm awesome at this!

I'm on the right track.

I give up.

I'LL USE SOME OF THE STRATEGIES I'VE LEARNED.

It's good enough.

IS THIS REALLY MY BEST WORK?

I'll never be as smart as her.

I'm going to figure out what she does and try it.

I made a mistake.

Mistakes help me improve.

I can't do math.

I'm going to train my brain in math.

I can't make this any better.

I can always improve! I'll keep trying!

Resources for Teachers & Parents

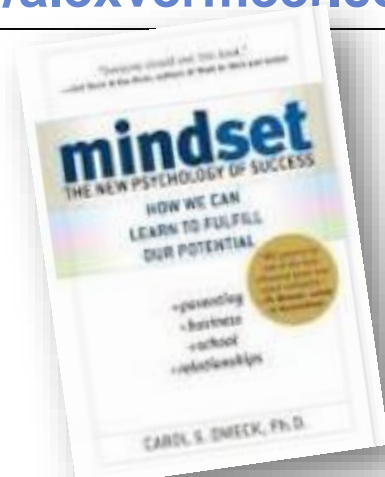
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Coming Soon!

**TIPS ON HOW TO PARENT WITH A GROWTH
MINDSET ON OUR SCHOOL WEB SITE, IN OUR
PARENT NEWSLETTERS, VIA SCHOOL
MESSENGER, & CLASSROOM NEWSLETTERS**

Promoting Positive Parenting

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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?

SAMPLE NEWSLETTER ITEM

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