

Change Your Words...

Change Your MINDSET



Today We Will...

- ❑ Distinguish between fixed and growth mindset and the impact mindset has on children.
- ❑ Explore ways to change our language to support and encourage growth mindsets with ourselves and our child/ren.

Self Reflect

1. "You can learn new things, but you can't really change your basic intelligence."
2. "Your intelligence is something about you that you can't change very much."

Disagree

Somewhat
Disagree

Somewhat
Agree

Agree



Connect

1. Imagine your child comes home from school one day and says to you, “Some kids are smart and some kids are dumb. They have a worse brain.” He talks often about all the things he can do and other children can’t.
2. Sometimes the problem with a child isn’t too little effort. It’s too much. We’ve all heard about schoolchildren who stay up past midnight every night studying
3. What about students who won’t work, who don’t care to learn? This low - effort syndrome is often seen as a way that adolescents assert their independence from adults, but it is also a way that students with the fixed mindset protect themselves.

The Power of Belief





What affects student achievement?

Intelligence (what an IQ test measures)

Teacher and school quality

Previous experience

**Student's mindsets - belief about
school/learning**

Studies have shown...

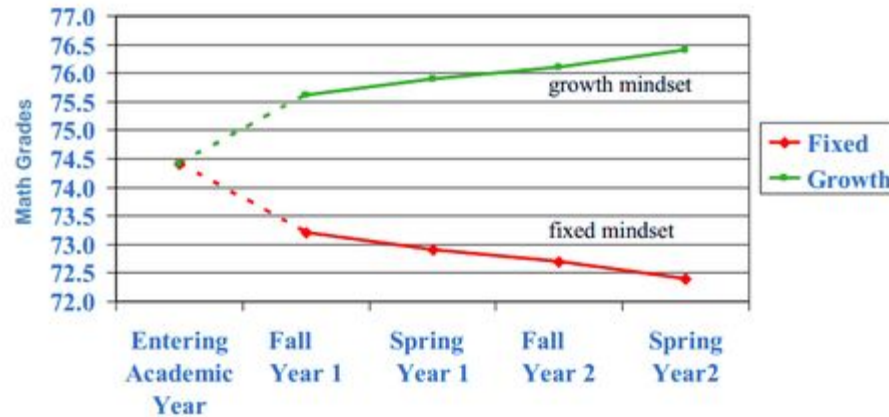
Children who have a growth mindset respond differently in challenging situations and do better in school over time.

Mindsets have also been shown to predict who takes more advanced courses.



Children with a growth mindset focus on improvement - see effort as a way to build abilities and see failure as part of the learning process.

In contrast, students who have a fixed mindset focus on judgement and grades - more concerned with proving they are smart or hiding that they're not. That means they tend to avoid situations in which they might fail or might have to work hard.



How can we nurture a growth mindset?

- ❑ Shifting use of language
- ❑ Valuing mistakes and the learning process
- ❑ Being an example for our child/ren






Impact of Language and Mindset



Fixed: Effort is for those without ability.


Growth: We all need to expend effort to improve.



**“Emphasizing effort
gives students a
variable that they
can control.”**

Elizabeth's Story



- 
1. Tell Elizabeth you thought she was the best.
 2. Tell her she was robbed of a ribbon that was rightfully hers.
 3. Reassure her that gymnastics is not that important.
 4. Tell her she has the ability and will surely win next time.
 5. Tell her she didn't deserve to win.

How do you think her father should respond?

1. Tell Elizabeth you thought she was the best.
Thinking she is the best is insincere.

2.

3.

4.

5.

How do you think her father should respond?

Instead Of...

Instead of....	Change to...
I'm so proud of you for getting an A!	
You are such a good writer.	
You don't know how to do fractions, do you?	
This isn't really your strongest subject, is it?	



YOU CAN LEARN
ANYTHING

 KHANACADEMY

Helpful Resources:

<https://www.mindsetkit.org/>

<https://www.perts.net/resources>





Reflect...

What is one thing you will
shift to support growth
mindset with yourself
and/or your child/ren?



Thank you!

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