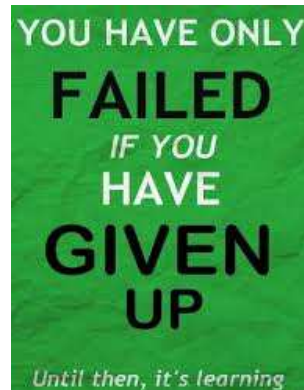


Building a Growth Mindset Culture at Home



Carrillo Elementary School is committed to developing a growth mindset school environment- a place where all students believe that with effort and perseverance, they can succeed. Dr. Carol Dweck, a researcher at Stanford University, has identified two belief systems about intelligence.

More About Fixed and Growth Mindset

A **fixed mindset** is one where we believe that our children's innate abilities, talents, and intelligence are fixed. They are either "good" or talented at something or they are not. They can certainly learn new things but this particular skill or subject is not really their "thing".

How many of you have ever thought to yourself(or said out loud)," My son/daughter probably isn't very good in math because I was not very good in math." Or " I was not good in high school English, so I guess my son/daughter takes after me." These are examples of fixed mind thinking. Even a perceived positive statement like, He/ She has a natural talent in _____" or " He/She is a born leader demonstrates fixed mindset thinking.

As a parent, you may have fixed mindset thinking about your own abilities; you may think, " I can't cook", "I can't dance; I have 2 left feet", " I leave that to my husband/wife, I can't figure it out."

A **growth mindset** is the belief that intelligence, skills, and talent are malleable, and they can change with effort, perseverance, and practice. Neuroscience explains this as neuroplasticity. We can all get "smarter". To find out more information on this topic read " ["You Can Grow Your Intelligence"](#) and [The Science: The Growth Mindset](#) .

This 4 minute video, [Fostering Growth Mindsets](#) Dr. Christine Carter (sociologist, senior fellow at UC Berkeley's Greater Good Science Center, and mom) and Kelly Corrigan(author and mom) about how moving toward a growth-oriented mindset can give your children the drive to succeed.

So, we want to **avoid** saying things like this to our children:

- Some people are just not math(fill in the subject) people.
- Look at that, you did it without trying.
- Writing(or art, math,etc.) comes naturally for you.

These are all fixed mindset statements. We need to focus feedback on what a child does, not who he or she is. We should avoid saying things like “You are so smart!” Click on the links below to find out why:

[How to Praise Children](#)

[Carol Dweck: A Study on Praise and Mindsets](#)

One of the most frequently used words in your vocabulary should be the word “YET”, such as, “You are not quite getting it YET, but with practice you will.” A couple of links to help you use this word more often are:

[Carol Dweck: The Power of Yet](#)

[Sesame Street: Janelle Monae:Power of Yet](#) (watch with your child(ren))

If you are interested in the math games that reward effort, explore the following links:

[Brain Points: A Growth Minset Reward Structure](#)

[Refraction](#)