

Resources That Support a Growth Mindset

- Carol Dweck, *Mindset: The New Psychology of Success*
- New York Magazine: *How Not to Talk to your Kids*
- Wall Street Journal: *The Praise a Child Should Never Hear*
- Good Morning America: *Why Praise Can Be Bad for Kids*
- NPR's Tech Nation: *Dr. Moira Gunn Interviews Carol Dweck*
- Mindset: www.mindsetonline.com
- Mindset Works-Home of Brainology: www.mindsetworks.com
- TEDTalks EDUCATION: *Personal Grit as Key to Success*
- Wonder of Children: *5 Things You Can Do to Encourage Growth Mindset in Kids*

TIPS FOR STAYING INVOLVED IN YOUR CHILD'S EDUCATION

Parents have a tremendous influence over the lives of their children, especially when it comes to their social and educational development. Here are some ways you can stay actively involved in your child's education. Use these tips to enhance your own child's academic development. Then, talk with school officials to see what you can do to help them create and maintain a safe, nurturing and positive school environment for all of the children in your community. Here are some tips:

- Discuss your child's school day and homework daily.
- Know your child's academic strengths and weaknesses.
- Set academic goals with your child.
- Know your child's learning style to better understand how he/she learns.
- Provide a quiet, comfortable and well lit place with basic school supplies for studying and doing homework.
- Develop a consistent daily routine for studying and doing homework.
- Help your child avoid distractions by restricting telephone, television, and computer use during studying and homework time.
- Help your child break down big homework assignments into smaller, more manageable segments.
- Assist with homework, but avoid doing it for your child.
- Provide your child with books, magazines, newspapers, and other materials and encourage regular reading, especially reading for fun.
- Provide encouragement and praise for your child's efforts.

HOUSE STAFF

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ARLINGTON HIGH SCHOOL
CLASS OF 2018
*Growth Mindset As Key to Student
Success*



The Arlington Central School District mission is to empower all students to be self-directed, lifelong learners, who willingly contribute to their community, and lead passionate, purposeful lives.

LETTER FROM THE EXECUTIVE PRINCIPAL

Mindset Matters (excerpt from the *Arlingtonian*, February 2014)

We all have felt frustrated at times when solving a new math equation, or learning an innovative defense at basketball practice, or learning a challenging music piece. In the book *Mindset*, Carol Dweck discusses the importance of a growth mindset and lifelong learning. Students need to learn as children in school and continue to learn as adults throughout their life. Dweck (2006) stated that, “people have more capacity for lifelong learning and brain development than they ever thought” (p. 5). Whichever path to learning people take it is important to keep a growth mindset. A growth mindset, Dweck (2006) argued, will allow anyone to change and grow through application and experience. A fixed mindset would hinder any knowledge acquisition as a person believes that s/he only has a fixed amount of intelligence. Therefore, acquiring new knowledge would be futile. A growth mindset however, allows people to thrive during challenging times, take risks, and persist under difficult circumstances.

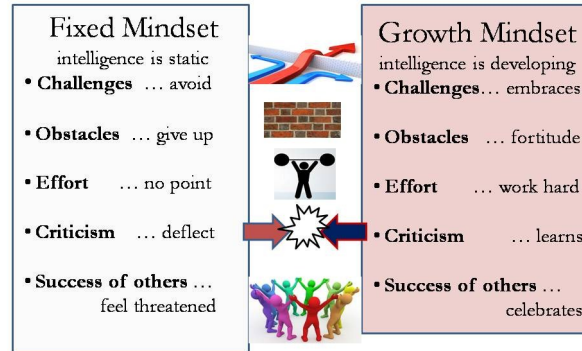
Students should strive to focus on developing their growth mindset. Students should believe that they can learn anything they want. It will not always be easy and will often require hard work, but with resilience and perseverance, success is inevitable. Students should focus on the word “yet” when confronting failure and add it to sentences that contain “can’t.” As in, I can’t do that “yet” or I can’t play the piano, “yet.”

A student with a fixed mindset will give up easily and not put forth great effort. This student tries to “look smart” at all costs and often avoids difficult tasks because s/he fears failure (Ricci, 2013).

Do not fear failure. Learn from it. Try to have a growth mindset, especially as a learner. You will face academic challenges throughout your life. A student with a growth mindset will be able to deal with these challenges more effectively. A test score only tells you where you are, it does not tell you where you will end up. Learn from setbacks and failure. “Exceptional people seem to have a special talent for converting life’s setbacks into future successes” (Dweck, 2006, p. 11). A growth mindset will help you navigate whatever life throws at you.

Paul M. Fanuele, AHS Executive Principal

Adolescent Brain Development



“When you enter a mindset, you enter a new world. In one world — the world of fixed traits — success is about proving you’re smart or talented. Validating yourself. In the other — the world of changing qualities — it’s about stretching yourself to learn something new. Developing yourself.

In one world, failure is about having a setback. Getting a bad grade. Losing a tournament. Getting fired. Getting rejected. It means you’re not smart or talented. In the other world, failure is about not growing. Not reaching for the things you value. It means you’re not fulfilling your potential.”

Ivan Staroversky on fixed mindset vs. growth mindset

How can we support a growth mindset in your children?

“We can praise (children) as much as we want for growth-oriented process-what they accomplish through practice, study, persistence, and good strategies. And we can ask them about their work in a way that admires and appreciates their efforts and choices.

Fixed mindset praise:

- *You learned so quickly!*
- *You are so smart!*

Growth mindset praise:

- *That homework was so long and involved. I really admire the way you concentrated and finished it!*
- *You really studied for your test and your improvement shows it. You read the material over several times, you outlined it, and you tested yourself on it. It really worked!*
- *Everyone learns a different way. Let’s keep trying to find the way that works for you.”*

Carol Dweck, Mindset