Navigating Success at Lone Star

KEEP GOING!

BUILDING PRESEVERANCE & A GROWTH MINDSET

April 2026

A Note from the Counselor:

Last month, we focused on how students grow through trial, error, and self-discovery. This month, we are building on that idea by helping students learn how to keep going when things feel hard.

As we move into the final stretch of the school year, it's normal for students to feel tired, frustrated, or unmotivated. This is where *perseverance* becomes so important.

A *growth mindset* isn't just about knowing mistakes are okay—it is about learning what to do next. With the right support, students can build confidence by working through challenges instead of avoiding them.

What is Perseverance?

Perseverance means continuing to try, even when something is difficult. Students with perseverance:

- Don't give up right away
- Try different strategies
- Take small steps forward

How Parents Can Help at Home:

1. Focus on the process
   - Say: "Let's figure out the next step together."
2. Encourage short "keep trying" moments
   - Have your child work for just 10 more minutes before stopping.
3. Avoid rescuing too quickly
   - Give your child time to think and problem-solve.
4. Use "yet" + a plan
   - "I don't understand this...**yet**. I can try ___."

Quick Tip: The "Next Step" Question

When your child feels stuck, ask: "What's one small thing you can try next?" This keeps them moving forward without feeling overwhelmed.

ACTIVITY

TURN “I CAN’T” INTO “I CAN’T YET!”

Goal: Help your child practice shifting their thinking and building perseverance.

Step 1: Write It Down
Have your child write or say something they find difficult:

- “I can’t do multiplication.”
- “I can’t read big books.”
- “I can’t make friends.”

Step 2: Add the Magic Word
Now add the word “YET” to the end: “I can’t do multiplication… yet.”
Talk about how this changes the meaning!

Step 3: Make a “Step Plan”
Ask your child: “What’s one small step you could try?”
Examples:

- Practice 5 math problems
- Read for 10 minutes
- Say “hi” to one new person

Write or draw 2–3 small steps together.

Step 4: Celebrate Effort
After they try, celebrate the effort—not just the outcome!
You can say:

- “You didn’t give up!”
- “Look how much you tried!”

Family Reflection Question: “What is something you have gotten better at because you kept trying?”