



Cultivating a Growth Mindset

Lindsay Orme, Ed.D.
Coordinator, Social-Emotional Learning



In this session we will...

- Share and build our understanding of growth mindset
- Explore how growth mindset is taught and reinforced in school
- Leave with at least one specific idea for developing a growth mindset with your child

Grounding

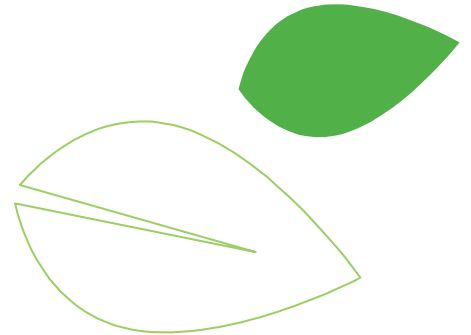


Think about something you have learned that was challenging.

- Did you ever think you might not succeed?
- What types of feelings did you experience?
- What strategies did you use?

What is Growth Mindset?

Growth mindset is having the belief that skills and learning are cultivated through effort.





Mindsets: Fixed vs. Growth

Fixed Mindset

“I can’t learn math. I am not good at it. I’m not a math person.”

Growth Mindset

“Math is tough for me, but if I keep trying and practicing, I can get better at it.”



Fixed Mindset or Growth Mindset?

View success as something out of their control

Desire to learn, even if it takes effort or presents a challenge

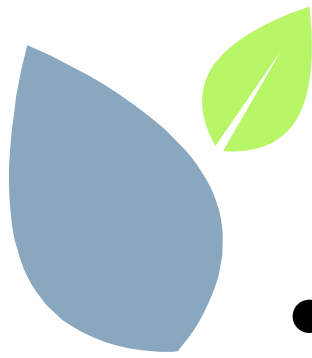
Tend to give up when things get hard

Tend to view challenges as exciting

Avoids or ignores constructive feedback

Receptive and learn from constructive feedback





Why Growth Mindset?

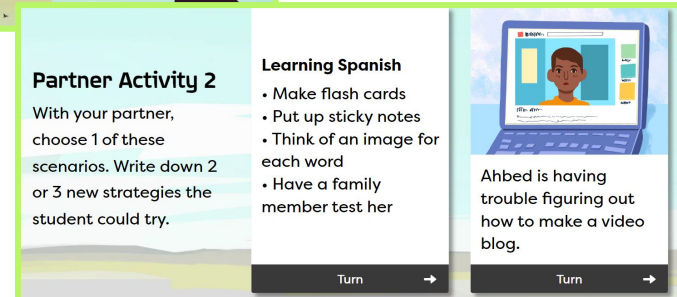
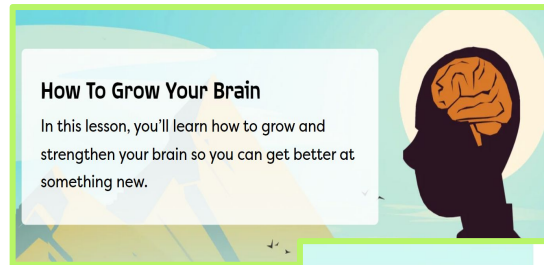
- Engagement and motivation
- More likely to review and revise work
- Academic performance
- Wellbeing

Applies to academic learning and more!
(Sports, Arts, Social Emotional Competencies)



Building a Growth Mindset in School

- ❏ **Second Step**
(K - 8)
- ❏ Understanding
How the Brain
Works
- ❏ Helpful
Strategies



Building a Growth Mindset in School

- ❏ Modeling & Reinforcement
- ❏ Talk about effort and the process

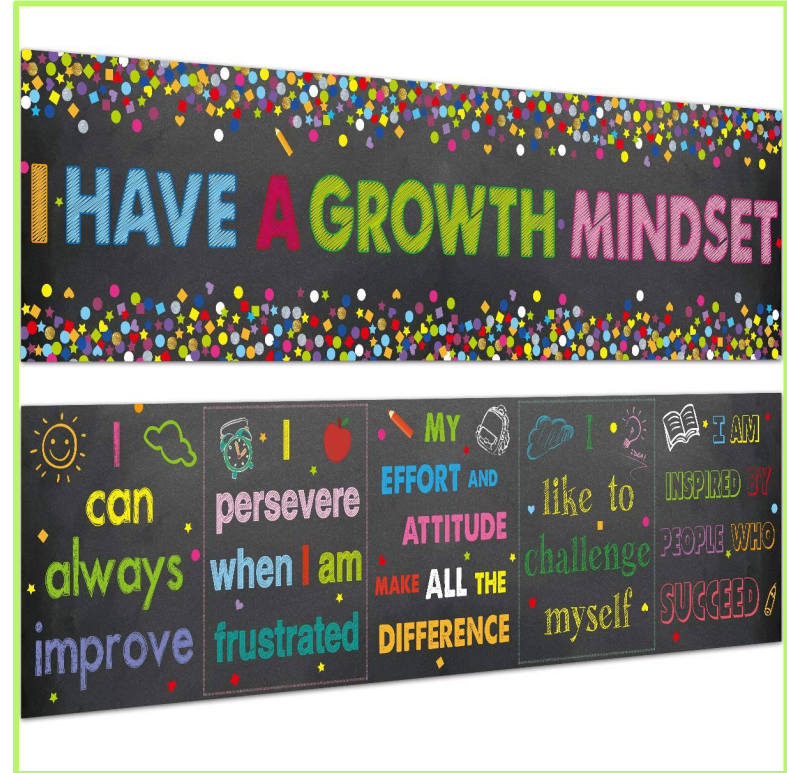


Mistakes
HELP US
GROW

“Let’s talk about what you’ve tried, and what you can try next.”

Building a Growth Mindset in School

- ❏ Classroom Environment & School Culture





School-Family Partnership

Working Together to Build a
Growth Mindset at School, Home,
and in the Community



Shared Growth Mindset Practices for School and Home

**Praise Effort
Over Results**

**Frame
Mistakes as
Part of
Learning**

**Model
Mistakes &
Mindset**

**Communicate
High
Expectations**

**Affirmations &
Positive
Phrases**

**Everyone
Encourages**

Praise Effort Over Results



“You did so well! I noticed how you continued to put effort into completing that project. You used your resources and asked for help when needed. I am proud of you and your effort.”

“That must have been tricky for you. Tell me how you did it.”

- ❑ Highlight the process
- ❑ Be specific
- ❑ Check-in while working

Frame Mistakes as Part of Learning



- ❑ Talk about the brain and how it grows with effort
- ❑ We learn from things we do wrong
- ❑ Allow your children to see you learn from mistakes

Model Mistakes and Mindset



- ❑ Share about something new you are learning
- ❑ Yes, we make mistakes too! Use this opportunity to model managing emotions and learning from mistakes

Communicate High Expectations



“I have high expectations for you because I know you can do it!”

Affirmations & Positive Phrases



- ❑ Use positive phrases or affirmations
- ❑ Help to shift negative thought patterns to helpful ones
- ❑ *“In this family, we value working through tough challenges and that success comes from effort.”*

Everyone Encourages a Growth Mindset



Help your child show encouragement to others

- ❑ Practice what to say
- ❑ Discuss ways to show encouragement

Thinking About Growth Mindset at Home

- ❑ Did any of the strategies stand out as something you would like to try at home?
- ❑ How would you put it in place or get started?
- ❑ What's something that we didn't discuss this evening you would do?



3 Take-Aways

**Recognize
Your Own
Mindset**

**Praise the
Process**

**Model
Learning
Through
Mistakes**

Thank You!

QUESTIONS?

• EMAIL:
lindsay.orme@lcps.org

