

# Growth Mindset

8 tips to help your Teen embrace a growth mindset

## 01

### Brain Facts Matter

- » Just like us, our brains can learn new skills and improve on other skills – this is called neuroplasticity
- » Help your teen discover how the brain works – read about neuroplasticity and suggest they read a description of it.

## 02

### Set a Benchmark

- » Actively look for examples of people in your circle or in the media that demonstrate growth mindset or personal growth.
- » Be vulnerable about how you're also learning and growing as an adult

## 03

### Know Where to Draw the Line

- » There's a difference between encouragement and pressure
- » Since too much pressure can produce negative results, focus on the process rather than on the goal itself
- » Be creative with your teen - vision boards and bucket lists are great options

## 04

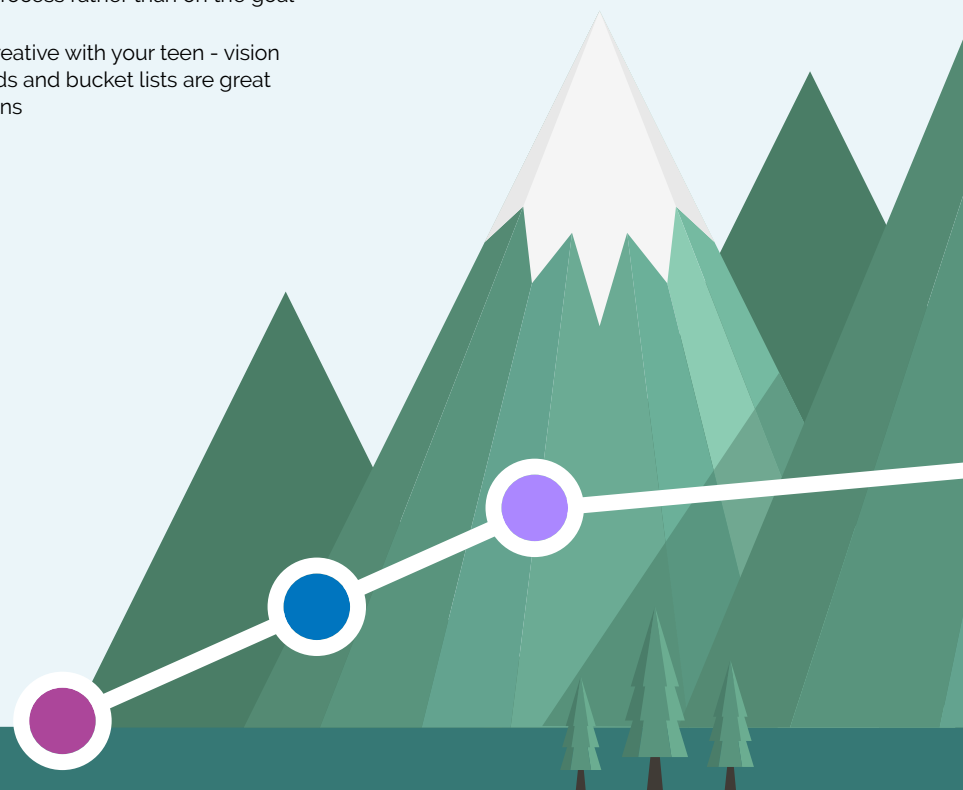
### Fail Quickly, Fail Often!

- » We want the best for our children, but trying to keep constant happiness isn't realistic
- » Be a great support system, instead of a quality assurance system!
- » Be encouraging when they fail or falter, without spending too much effort on 'what went wrong'
- » Help them address set-backs – and keep going!

## 05

### Plan for Plan B

- » Brainstorm solutions with your child when things don't go as planned, instead of trying to 'fix' the problem.
- » Take time to understand what happened and suggest "Want me to help you come up with some ideas?"
- » Remember: plan B is what THEY should feel comfortable with, not YOU. Let them lead, you may be pleasantly surprised!



## 06

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### Identify the Skills Gap

- » Reflection and problem-solving is a great way to identify where your teen may be lacking skills
- » Address this gap and seek outside support if you feel your teen is impacted by mental health concerns, anxiety or depression
- » Find out what resources CASEL can offer for social emotional learning

## 07

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### More Listening, Less Talking

- » Sometimes the most difficult thing to do is be a good listener, but this is what teens need most from you
- » Ask them for their thoughts, suggestions, advice and solutions before offering your own – this helps develop leadership opportunities
- » Rather than judge, criticize or condemn – empathize!
- » Remind them you're available when they need someone to talk to

## 08

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### Reactions Snowball

- » Be their model of possibility! Watch how you react and be aware of your own psychological well-being
- » Overreacting to their mistakes or failures may lead your teen to hesitation, caution, or mistrust in the future about sharing their challenges
- » It can feel like a struggle to adopt a flexible growth mindset; let your teen know you're working on it together!