

Growth Mindset

8 tips to help your Students 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 students discover how the brain works - read about neuroplasticity and share a description about it with them.

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 and effort rather than on the goal itself
- » Be creative with your students - vision boards and bucket lists are great options

04

Fail Quickly, Fail Often!

- » We want the best for our students, 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 students 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

Identify the Skills Gap

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

07

More Listening, Less Talking

- » Sometimes the most difficult thing to do is be a good listener, but this is what students 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!
- » If appropriate, let them know you're available when they need someone to talk to

08

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 students 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 students know you're working on it together!