

Ideas for Creating a Growth Mindset Environment at Home

Ideas for Creating a Growth Mindset Environment at Home Part 1:

Parents Work Toward a Growth Mindset for Themselves

- We can't expect our children to have a growth mindset if we don't have one ourselves. Recognize fixed mindset thinking in your self and talk yourself into a growth mindset. This can also be done out loud so that your child can hear how you are changing your mindset. For example, you might catch yourself saying, "I can't figure out how to fill out this document." Then quickly rephrase it to add, "I think I need to check on the website or call the bank so I can ask some questions, then I am sure I will be able to fill it out accurately."
- Be aware of your own fixed mindset statements such as "I am a terrible cook," "I was never good at math either," or "I wish I could play the piano like you do" (You can, with practice and perseverance!).
- Be aware of blaming genetics for anything—both positive and negative.
- Be careful about comparing your kids to their siblings or other kids.
- We want our children to enjoy the process of learning—not just be successful. Model this concept at home. For example, after a less than desirable outcome trying to bake something challenging, you might say "I really learned a lot making those cookies" rather than "Ugghh, what a waste of time. That was an epic fail. I will never try that recipe again."

Ideas for Creating a Growth Mindset Environment at Home Part 2:

Using Growth Mindset Praise and Feedback

- Praise what your child does, not who he or she is. Instead of saying, "You are so smart/clever/brilliant," say "I can see you really worked hard/put forth effort/tried hard." Praise perseverance and resiliency when you see your child struggle or face challenge. Avoid praising grades. Focus on praising work ethic and effort—not achievement.
- Adopt the word "yet" into your vocabulary. If your child proclaims that he doesn't understand something, can't dribble a basketball, or can't play a song on his guitar, remind him that he can't "yet" but with hard work he will have success.
- Avoid comparing your child's success with siblings or friends—achievement is not a competition. There is enough success for everyone.

Mindset Quiz

Place a check in the column that identifies the extent to which you agree or disagree with the statement.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. Your intelligence is something very basic about you that you can't change very much.				
2. No matter how much intelligence you have, you can always change it quite a bit.				
3. You can always substantially change how intelligent you are.				
4. You are a certain kind of person, and there is not much that can be done to really change that.				
5. You can always change basic things about the kind of person you are.				
6. Music talent can be learned by anyone.				
7. Only a few people will be truly good at sports -- you have to be "born with it."				
8. Math is much easier to learn if you are male or maybe come from a culture who values math.				
9. The harder you work at something, the better you will be at it.				
10. No matter what kind of person you are, you can always change substantially.				
11. Trying new things is stressful for me and I avoid it.				
12. Some people are good and kind, and some are not -- it's not often that people change.				
13. I appreciate when parents, coaches, teachers give me feedback about my performance.				
14. I often get angry when I get feedback about my performance.				
15. All human beings without a brain injury or birth defect are capable of the same amount of learning.				
16. You can learn new things, but you can't really change how intelligent you are.				
17. You can do things differently, but the important parts of who you are can't really be changed.				
18. Human beings are basically good, but sometimes make terrible decisions.				
19. An important reason why I do my school work is that I like to learn new things.				
20. Truly smart people do not need to try hard.				

Circle the number in the box that matches each answer.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. ability mindset – fixed	0	1	2	3
2. ability mindset – growth	3	2	1	0
3. ability mindset – growth	3	2	1	0
4. personality/character mindset – fixed	0	1	2	3
5. personality/character mindset – growth	3	2	1	0
6. ability mindset – growth	3	2	1	0
7. ability mindset – fixed	0	1	2	3
8. ability mindset – fixed	0	1	2	3
9. ability mindset – growth	3	2	1	0
10. personality/character mindset - growth	3	2	1	0
11. ability mindset – fixed	0	1	2	3
12. personality/character mindset – fixed	0	1	2	3
13. ability mindset – growth	3	2	1	0
14. ability mindset – fixed	0	1	2	3
15. ability mindset – growth	3	2	1	0
16. ability mindset – fixed	0	1	2	3
17. personality/character mindset – fixed	0	1	2	3
18. personality/character mindset – growth	3	2	1	0
19. ability mindset – growth	3	2	1	0
20. ability mindset – fixed	0	1	2	3
Total				
Grand Total				

Strong Growth Mindset =	45 – 60 points
Growth Mindset with some Fixed ideas =	34 – 44 points
Fixed Mindset with some Growth ideas =	21 – 33 points
Strong Fixed Mindset =	0 – 20 points

Adapted from:

<http://www.classroom20.com/forum/topics/motivating-students-with>