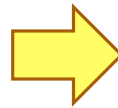
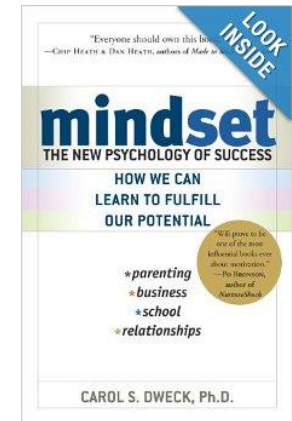
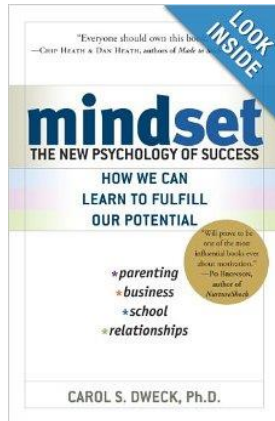


Navigating Homework and Study Skills With a Growth Mindset



Outcomes

By the end of the session, we will have:

- **explained the difference between growth and fixed mindsets,**
- **considered how comments send either “growth” or “fixed” messages,**
- **brainstormed “growth” approaches to difficult academic situations, and**
- **shared six academic strategies that will encourage a growth mindset.**



mindset
works®

SPARK LEARNING!

HOME OF
BRAINOLGY™

Examine Your Mindset:

Take a Quick Survey

If you brought your own device:

Mindset quiz:

<http://www.mindsetworks.com/assess/>

If you do not have an electronic device, please go to a computer and complete the quiz.

Fixed Mindset	Growth Mindset
Intelligence is static.	Intelligence can be developed.
Leads to a desire to <i>look smart</i> and therefore a tendency to	Leads to a desire to <i>learn</i> and therefore a tendency to
<ul style="list-style-type: none"> • avoid challenges 	<ul style="list-style-type: none"> • embrace challenges
<ul style="list-style-type: none"> • give up easily due to obstacles 	<ul style="list-style-type: none"> • persist despite obstacles
<ul style="list-style-type: none"> • see effort as fruitless 	<ul style="list-style-type: none"> • see effort as path to mastery
<ul style="list-style-type: none"> • ignore useful feedback 	<ul style="list-style-type: none"> • learn from criticism
<ul style="list-style-type: none"> • be threatened by others' success 	<ul style="list-style-type: none"> • be inspired by others' success

Fixed Mindset



“I will never get there...”

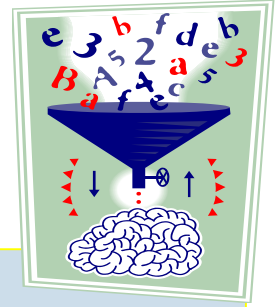
“We are the way we are...”

Avoid challenges

Give up easily

Ignore criticism

Growth Mindset



Having a positive attitude!

You can get smarter!

Embrace challenges

Learn from feedback

Focus on effort

Mindsets

When do you feel smart?

Fixed Mindset

“It’s when I don’t make any mistakes.”

“When something is easy for me but other people can’t do it.”

Growth Mindset

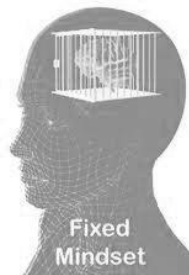
“When it is really hard, and I try really hard, and I can do something I couldn’t do before.”

“When I work on something a long time, and I start to figure it out.”

Impact

Students measured as having a **fixed mindset**:

- Important → appearing smart
- Hard work → natural ability
 - Hit a wall → give up, break down
- Setbacks → study less, what's the point / cheating for results



Students measured as having a **growth mindset**:

- Important → new learning
- Hard work → ability grows
 - Hit a wall → figure out how to solve the problem
- Setbacks → study harder or differently next time



Apply

When are WE (parents and teachers) sending “growth” or “fixed” messages?

- You are so smart!
- What did you struggle with today?
- I am going to talk with my teacher to see how I can study differently.
- You are the best singer I have ever heard!
- What do you plan to do next?
- I am terrible at math.

Maintaining a growth mindset during homework time

Student rushed through his homework, skipping several questions and answering others in a short, sloppy way. Parent observes the situation.

What does the parent do/say?

- “It makes me upset when you don’t do a full job. When do you think you can complete this?”
- “Is there something you didn’t understand in the assignment? Would you like me to go over it with you?”
- “This assignment looks really boring. You have my sympathy. Let’s try to think of a way to lessen the pain and still do a good job. Do you have any ideas?”

Adapted from [Mindset](#), by Carol Dweck.

Other statements parents can say to help facilitate a Growth Mindset

Mindset Shifts

Instead of saying this...

Say this.

You are so athletic!

You really work hard and pay attention when you are on the field.

You are really smart!

You work hard in school and it shows.

You are such a good artist.

I can see you have been practicing your drawing. What a great improvement!

You're a great athlete. You could be the next Pelé.

Keep practicing and you will see great results.

You always get good grades; that makes me happy.

When you put forth effort, your grades show it. You should be so proud of yourself. I am proud of you!



Practice Scenarios

Situation A:



Parent looks on edline and sees several “Z’s” and a recent low quiz grade.

- 1. What does the parent say or do (with a growth mindset approach)?**
- 2. What does the student say or do instead with a growth mindset approach?**

Situation B:



Parent sees there is an upcoming quiz written in the plan book. Parent asks student if they have studied for the upcoming quiz. Student says, “I don’t need to study, I know it.”

1. **What does the parent say or do (with a growth mindset approach)?**
2. **What does the student say or do instead with a growth mindset approach?**

Situation C:



After struggling with a homework assignment for an hour, student is overwhelmed, crying, and yelling. Student says, “I can’t do this. It’s too hard. I’m stupid.”

- 1. What does the parent say or do (with a growth mindset approach)?**
- 2. What does the student say or do instead with a growth mindset approach?**

Parent Praise

From a growth mindset

Parents can ask kids about their work in a way that admires and appreciates their efforts and Choices

- “You really studied for your test and your improvement shows it. You read the material over several times, outlined it, and you tested it on yourself. It really worked!”
- “I like the way you tried all kinds of strategies on that math problem until you finally got it.”
- That homework was so long and involved. I really admire the way you concentrated and finished it.”

What about when a student works hard but does not do well?

- “I liked the effort you put in, and let’s work together some more and figure out what you don’t understand.”
- Everyone learns in a different way. Let’s keep trying to find the way that works for you.”

Adapted from Mindset, by Carol Dweck.

How do we help our kids get smarter?

The tips below can help our kids to work smart and get smarter!



Use feedback

- Have your child look carefully at responses of the work so he/she knows exactly what to fix.

Time

- Help your child to understand how much time it takes to do the job well and spend those hours to finish the job.

Focus

- Have them concentrate only on the work with no other distractions.

How do we help our kids get smarter?

Strategies

- If one approach isn't working, try others until you find one that works.

Commitment

- Be determined to finish and do the very best work.

Resourcefulness

- Know where to go and whom to ask for help when you are really stuck!

ANY
QUESTIONS
?