

# A Parent's Guide To

## Encouraging A Growth Mindset

### What is a growth mindset?

Growth is a concept developed by Carol Dweck, a professor of Psychology at Stanford University.

It is the belief that a person's abilities and intelligence can be developed through practice, hard work, dedication and motivation.

### What is a fixed mindset?

A fixed mindset is the notion that intelligence and talent alone will lead to success.

People with a fixed mindset believe that these things are "fixed" and cannot be developed or not improved upon. They believe that you are either born with it or not, and nothing can change that.

### Why is having a growth mindset important?

Research has shown that children who have a fixed mindset are more likely to:

- Fear Failure
- Give up on tasks they feel are too difficult
- Ignore feedback
- Avoid challenges
- Feel threatened by the success of others

### Children who have a growth mindset are more likely to:

- Learn from their mistakes
- Be motivated to succeed
- Put forth more effort
- Take challenges head on
- Take risks
- Seek feedback
- Learn more
- Learn faster

