

# IN CONTROL

## PARENT GUIDE

### GROWTH MINDSET STUDENT TAKEAWAYS:

- A “Mindset” is a set of beliefs that shape how you see the world.
- People with a “Growth Mindset” believe that new abilities can be developed.
- People with a “Fixed Mindset” see their qualities and abilities as fixed traits that cannot change.
- Neuroplasticity is the scientific proof that our brains were meant to adapt in response to learning.
- The goal shouldn’t be, “immediately great or I’m not trying it again.”
- The goal SHOULD be, “I can’t do this YET.”

### WHAT TO DO AT HOME

- Continue to encourage your child to embrace their failures as learning experiences.
- Praise your child based on effort, not on achievement.
- Allow your child time to reflect after failures.
- Check out [Mindsets for Parents by Mary Cay Ricci](#)

### FOR PARENT GROWTH

- Read [“Mindset” by Carol S. Dweck, Ph.D.](#)
- Examine your own beliefs about personal limitations.
- Watch [Growth Mindset vs. Fixed Mindset](#) on YouTube.