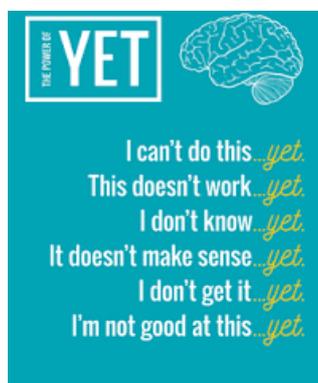


# School Counsellor Newsletter



## Positive Accomplishments: Part 2 - Growth Mindset

Edition Nine



'The power of yet' is associated with a growth mindset. About thirty years ago Professor Carol Dweck became interested in students' attitudes to failure, which eventually led to her book *Mindset* (2006). Using a growth mindset as part of teaching and learning is very common in schools today but it was not something that was clearly understood when we were young. A growth mindset is a powerful way of thinking and can be used effectively for goal setting, persisting and increasing self-efficacy, just to mention a few of its benefits. Here are Carol Dweck's definitions of Mindsets:

### Fixed Mindset

You believe your talents and abilities are set in stone. You must prove to yourself over and over, trying to look smart and talented at all costs. Common beliefs associated with a Fixed Mindset are: how smart you are is connected to genetics and you have no control over it; you cannot change who you are as your personality is hard-wired; failure sucks!

### Growth Mindset

You know that talents can be

developed and that great abilities are built over time. You believe that your qualities can be cultivated through your efforts. Common beliefs associated with a Growth Mindset are: anyone can increase their intelligence through effort; the harder you try the more you will learn; failure is okay and is a part of learning.

Having a growth mindset does not mean you believe you can do anything and everything. Having a growth mindset helps people to believe in their potential and know that they can learn through effort, failures and perseverance. Having a growth mindset helps you to realise that if you can't do something, it is most likely that you can't do that something yet!

See the poster overleaf for more information about fixed and growth mindsets.

### To consider in future conversations with your son/s

Here are some alternative growth mindset responses to a fixed mindset response:

**Instead of this Fixed response:** "Are you sure you can do this? Maybe you don't have the skills." **Try this Growth response:** "I'm not sure if you can do it now but I think you can learn with time and effort."

**Instead of this Fixed response:** "What if you fail? You will be a failure!" **Try this Growth response:** "Most successful people have failures along the way." You could use some quotes here as well: "I have not failed, I have just found

10 000 ways that do not work" - Thomas Edison. "Anyone who has never made a mistake has never tried anything new" - Albert Einstein.

**Instead of this Fixed response:** I don't think you will be able to do this no matter how hard you try. **Try this Growth response:** "This will take time - you are not there yet. Do you have questions so I can help you get there?"

**Instead of this Fixed praise:** "You are so smart!" **Try this Growth praise:** "I'm so impressed with your effort and the way you approached this task."

**Instead of this Fixed thinking:** "If you don't try you can protect yourself and your dignity." **Try this Growth thinking:** "If you don't try you automatically fail. Where is the dignity in that?"



## Jenelle Hooson

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If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim [amos.pilgrim@medbury.school.nz](mailto:amos.pilgrim@medbury.school.nz).

