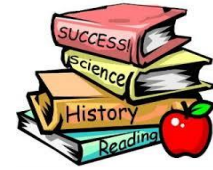




Counselor Newsletter



This month's newsletter focuses on the power of mindset. There are two basic mindsets: growth mindset and fixed mindset. Growth mindset is the belief that intelligence and talents can be developed through effort and practice while fixed mindset refers to the belief that abilities are innate and unchangeable. However, it is important to recognize that the brain is like a muscle - training makes it grow. New skills can be learned because the brain forms new connections as we practice a skill, and those connections can be strengthened through practice. Encouraging a growth mindset in children is beneficial as it is associated with higher self-esteem, enhanced resilience, lower stress, and lifelong learning. Parents can promote a growth mindset in their children by praising effort instead of praising outcome and by encouraging them to develop skills they are interested in.

Fixed mindset

Skills are innate and unchangeable
Effort is worthless
Challenges are avoided to avoid failure
Failures are considered personal failures
Gives up easily in the face of obstacles

Growth mindset

Skills can be improved through effort
Effort is essential to succeed
Challenges are viewed as opportunities to grow
Failures are considered temporary setbacks
Persists in the face of setbacks

Activities to help your child adopt a growth mindset

1. Growth mindset affirmations: Encourage your child to say positive statements to themselves regularly, preferably in front of the mirror in the morning and in the evening. Examples of growth mindset affirmations are "Challenges help me grow", "If I fail, it just means I have to try harder next time", "I can achieve anything I set my mind to" etc.
2. Accomplishment jar: Encourage your child to write their achievements daily on a piece of paper and put them in the accomplishment jar. Add efforts that you notice your child made to the jar, and at the end of each week empty the jar and celebrate all the achievements together, including the efforts your child made regardless of the outcome.
3. Challenge negative self-talk: If you notice that your child talks negatively about themselves, encourage them to turn that negative thought into a more positive, more realistic thought about themselves. You can also remind them to add 'yet' to the end of the negative sentence to make it more positive and encouraging (ex: I can't do this => I can't do this, yet).
4. Talk about challenges and mistakes: Dinner time is a perfect time to talk about challenges each family members faced and overcame as well as mistakes each family member made and learned from. By openly talking about these things, you teach your child that they should not give up in the face of challenges and that it is okay to make mistakes if they learn from them.



Book recommendations on growth mindset (available on Youtube as read alouds)

Your Thoughts Matter by Esther Pia Cordova
Bubblegum Brain by Julia Cook
Growth Mindset Ninja by Mary Nhin
I Can't Do That, Yet! by Esther Pia Cordova
Mistakes are How I Learn by Kiara Wilson
Your Fantastic Elastic Brain by JoAnn Deak
I Choose to Try Again by Elizabeth Estrada