

MAY NEWSLETTER

How to Develop a Growth Mindset



WHAT IS A GROWTH MINDSET?

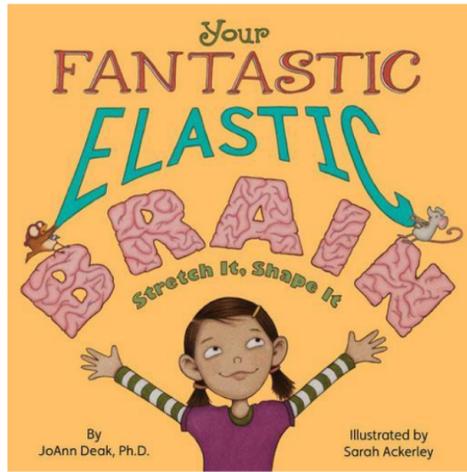
Professor Carol Dweck's (2006) research indicates that children have either a growth mindset, which sets them up for success, or a fixed mindset, which is limiting. A growth mindset is the belief that your character and IQ can be developed. These individuals will view mistakes as learning opportunities, will take risks in their learning, apply effort and persevere. Conversely a fixed mindset is the belief that your character and IQ are determined at birth. Those with this mindset are preoccupied with trying to look 'smart' rather than focusing on learning, view failure as being 'stupid', avoid challenges, and feel threatened by others' success. They generally give up after failing.

4 WAYS TO FOSTER A GROWTH MINDSET

1. Explain that learning something new and making mistakes grows the connections in your brain.
2. Replace 'I'm stupid' with 'I'm learning, I'm not good at it YET', 'I need to make mistakes to learn.'
3. Praise and value effort not results. Compliment children on the different strategies they use, their persistence, their practice. Praise them when they take on new challenges.
4. Don't tell children they are 'smart'. This makes them feel that they cannot make mistakes, and decreases their motivation to learn.

When they do well, ask them how they did that, what character strengths did they use - bravery, perseverance, kindness to self ?

[Character Strengths - Learn More >>](#)



Book Recommendation

An excellent book for primary school children about the character strength perseverance. It highlights the requirements to develop a growth mindset.

[See More >>](#)

Wellbeing Retreat - Flourishing in 2017

Join internationally recognised psychologist Dr Suzy Green and internationally recognised educator Dr William DeJean for a half day flourishing retreat. It will bring out the best in you and provide you with time to reconnect with what is important to you.



- 2 for 1 discount available for those who register by Thursday 1st June, contact: info@thepositivityinstitute.com.au or
- 20% discount available for individuals at: williamdejean.com/product/flourish-sydney-17june, coupon code: inspire2017.

[See More >>](#)

WHAT IS UNIQUE ABOUT OUR WELLBEING PACKAGE STRONG MINDS?



- Utilises **empirically supported** positive psychology strategies that enhance wellbeing and learning
- Complies with the NSW Department of Education and Communities **Wellbeing Framework for Schools 2015**
- A **whole school approach**. Using evidence based methods to develop the character strengths of all students, all staff and parents
- **User friendly** - all K-6 character strength lessons are provided. All PDHPE and English outcomes. Resources to aid teaching and learning. Training for staff and parents inclusive
- **Step by step implementation** provided for both staff and student wellbeing
- **Cost Effective**: 1 off fee, for a package that will be taught every year in every stage
- It is a cultural shift, not a one off program, to support **sustained authentic wellbeing**

[Learn More >>](#)

20% OFF STRONG MINDS
only until 30/6/17
BOOK NOW!

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Warmest wishes,
Nicole and the team at
Growing Strong Minds

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