



## HAYES SCHOOL COUNSELING CONNECTION | MARCH 2020

**SAVE THE DATE: CAREER FAIR @ HAYES ON MAY 12, 2020**

**If you or someone you know would be interested in showcasing an interesting work vehicle or career, contact Mrs. Thompson or Ms. Brown. Additional details coming soon!**

### THIS MONTH IN THE COUNSELING ROOM

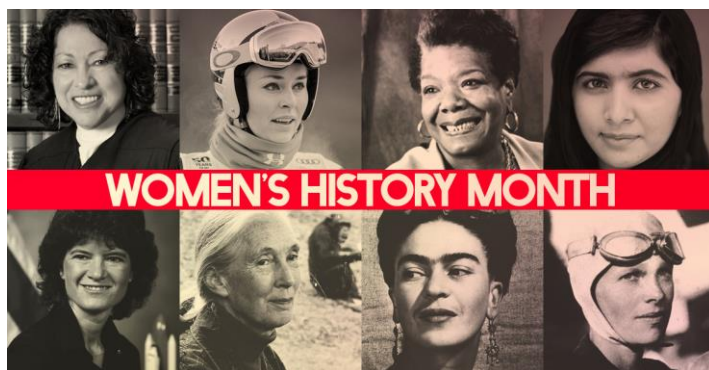
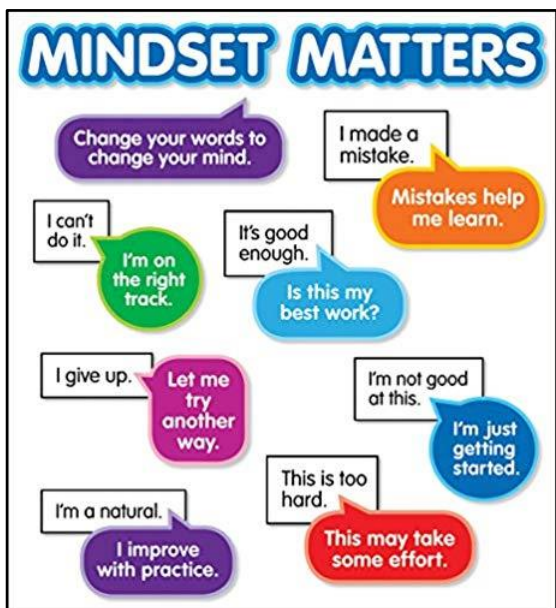
This month in the counseling room we are talking about **growth mindset**. Over 30 years ago, Carol Dweck and her colleagues became interested in students' attitudes about failure. They noticed that some students rebounded while other students seemed devastated by even the smallest setbacks. After studying the behavior of thousands of children, Dr. Dweck coined the terms fixed mindset and growth mindset to describe the underlying beliefs people have about learning and intelligence. When students believe they can get smarter, they understand that effort makes them stronger. Therefore, they put in extra time and effort, and that leads to higher achievement.

### PARENT RESOURCES

The information provided previously is taken from the website [www.mindsetworks.com/science](http://www.mindsetworks.com/science). You can find additional information on growth mindset at this website and on page 2 of this newsletter.

### CELEBRATING WOMEN'S HISTORY MONTH

March is Women's History Month. You can expand your talk about growth mindset with your student as you discuss achievements made by women. Women like Marie Curie may have used the growth mindset statement, "this may take some effort" to help her become the first woman to win a Nobel Prize and the first person to win it twice.



### CONTACT INFORMATION

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**ADVOCATING FOR AND SUPPORTING STUDENT SUCCESS**

# GROWTH MINDSET

## ways to help your child



### Talk about it

- Talk with your child about their day, but guide the discussion by asking questions like:
  - Did you make a mistake today?
  - What did you learn?
  - What did you do that was difficult today?

### Praise the Process

- Instead of saying, "You're so smart!" praise effort, goal setting, persisting through challenges, or being creative. You can say something like:
  - "Wow! You must have worked really hard on this!"

### The Brain Can Grow

Remind your child that their intelligence is not fixed. Remind them that when things are difficult, their brain grows if they persist through the challenge. Each time they learn something new, their brain is making new connections. Your child needs to know this is possible!

### Encourage Failure (say what?!)

Your child needs to know that failure can (and often does) happen and it is okay! Remind them that each time they fail and try again, their brain

is growing stronger! Don't step in to prevent your child's failure – this is how they learn to persevere in the face of challenges.

### Help Them Change Their Dialogue

Your child's self-talk, or internal monologue, makes a huge impact on their mindset. If they say, "This is too hard!" help them change that to "I can't do this yet, but I will keep trying." Give them the words to say when they are feeling defeated by modeling it yourself!

