



## Counselor's Corner

### Positive parenting ideas from the school counsellor: Growth Mindset

Research shows that parents and carers can have a big impact on how children think about learning.

There are two ways children can think about themselves as learners.

**One is using a fixed mindset.**

**Kids using a fixed mindset think “my intelligence, talents and abilities are fixed. They can’t change.”**

Fixed mindset thinking can make school feel like a threat to their intelligence, personality, or character. They can get stuck on thinking: Will I succeed or fail? Will I look smart or dumb?

**The other way kids can think is using a growth mindset.**

**Kids using a growth mindset think “my intelligence, talents and abilities can be developed.”**

Growth mindset thinking helps kids embrace challenges, think effort is worthwhile, know its ok to make mistakes and learn from them. Research shows students who use a growth mindset do better at school.

You can encourage growth mindset thinking by praising children’s EFFORT rather than their ABILITY.

Here are some suggestions how:

Say this	Don't say this
I can see how hard you worked on that	You are so smart
Mistakes are part of learning	Oh no you made a mistake!
You are still going even though it's hard, that's awesome	It's hard but don't worry its almost over
That was easy for you, let's try something more challenging to grow your brain next time	You did that so quickly and easily well done

Anneke Porter-Heubeck is the Bridge Road School counsellor.

You can call Anneke on Tuesday and Friday on 9519 8389 if you have any questions.