

# Causeway Galveston Presents:

## Helping Your Child Succeed by Cultivating a Growth Mindset

*(CASEL Competency: Self-Awareness & Self-Management)*

What is the difference between a growth versus a fixed mindset?

- Growth Mindset: The belief that intelligence/talents can be developed through challenges.
- Fixed Mindset: The belief that intelligence/talents are fixed traits that even with practice cannot be improved.

Why is cultivating a growth mindset important?

- Encourages children to seek feedback
- Helps children learn from their mistakes
- Predicts which students will take more advanced courses
- Has been shown to lead to better grades in math

How can parents/guardians learn more about the growth mindset?

- Read Chapter 7 of “Mindset: The New Psychology of Success” by Carol Dweck, PhD
- Watch Dr. Dweck’s 11-minute, Ted Talk: “The Power of Yet”<https://www.youtube.com/watch?v=J-swZaKN2Ic>