

## **Growth Mindset**

After studying the behavior of thousands of children over decades, Dr. Carol Dweck, professor of Psychology at Stanford University invented two new terms ‘fixed mindset’ (intelligence is a fixed trait) and ‘growth mindset’ (intelligence is a quality that can be changed and developed) to describe the underlying beliefs people have about learning and intelligence.

A growth mindset is a belief that we can get smarter through hard work and practice. This means that struggling with something difficult doesn’t mean you’re not smart, and it’s a chance to grow your intelligence.

Instead of “I’m not good at \_\_\_\_\_,” we want our students think, “ I’ll try and I’ll be much better with practice.” Encourage your child to have a growth mindset about their own learning.

Here is a video clip to explain a growth mindset.

[https://www.youtube.com/watch?v=KUWn\\_TJTrnU](https://www.youtube.com/watch?v=KUWn_TJTrnU)

You can learn more about this study in this link.

<https://www.mindsetworks.com/science/>

## Material of the month

Timeline of US constitution: Students match up constitutional amendments with their date of ratification by the states.

