



FAMILY RESOURCES

*Dear Families and Caregivers,
As educators, we are required to enroll in continuing education courses to maintain our teaching licensure. Recently, I took a course with Learners Edge and discovered this resource, specifically designed to share information from the course with families and caregivers. Please read and share with others!*

Do you know?

| Those with a fixed mindset... | Those with a growth mindset... |
|---|--|
| Think one's abilities are predetermined | Think one's abilities can be developed over time |
| Think ability is fixed | Think effort leads to success |
| Give up easily | Are perseverant |
| Believe in "the hand you are dealt" | Believe in one's ability to figure things out |
| Ignore feedback | Learn from mistakes |
| Are threatened by others' success | Think high effort leads to success |

| Fixed mindset words and thoughts... | Growth mindset words and thoughts... |
|---------------------------------------|---|
| I'm not a runner | I've started to think of myself as a runner |
| I'm not good at math | I'm working on my math skills |
| This is too hard | I can do hard things |
| I can't do it | I can't do it...YET |
| This is his/her fault | I've learned a lot from my mistakes |
| It's better to stick with what I know | I want to try |

| Benefits of a growth mindset... | How to establish a growth mindset... |
|--|--|
| Embraces collaboration | Change your story |
| Embraces innovation | Learn from mistakes |
| Focus is on process, practice and effort | Complete tasks and build on successes |
| Embraces challenges and novelty | Be flexible and consistent |
| Willingness to learn | Embrace feedback |
| Use criticism to improve | Use yet: "I don't know how to do that, yet." |

Information on this resource is from [Course 731: Mindsets Matter](#) and the course textbook: Ricci, M.C. (2017). *Mindsets in the classroom: Building a growth mindset learning community*. Waco, TX: Prufrock Press.