



Grit and Growth Mindset

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Parent/Counselor Coffee Hour Summer Series 2020 - July 14, 2020



Goals of the Session

- Continued self-care and information
- Grit
- Growth mindset
- Continue to nurture hope, grit, growth mindset
 - <https://www.viacharacter.org/survey/account/register>
 - Improve your relationships
 - Enhance your overall well being
 - Build your resilience (grit, growth mindset)
 - Strengthen your ability to overcome problems (nurturing hope)
- Resources



Check In

- Check In: Since the pandemic, what strength or character trait of yours, or your child's, has helped most or really flourished during this time?



Guiding Questions / Brief Dialogue

- Have you heard these terms: grit and growth mindset? What comes to mind for you?
- Do your children know these terms? Do you use these terms in your parenting?



Grit

- [Grit: The power of passion and perseverance](#) (TED talk by Angela Lee Duckworth)
- Book - *Grit: Why passion and resilience are the secrets to success*
- [Grit Q and A](#)



Grit

- One aspect of character
- Achievement not just talent (rate of improvement in a skill)
- Special mix of passion and persistence to something
- Sticking with a challenging goal

- [Grit Q and A](#)
- [Grit scale](#) (good for self-reflection and conversations with your children; teachers/coaches can use for discussion about passions and perseverance)



Growth Mindset

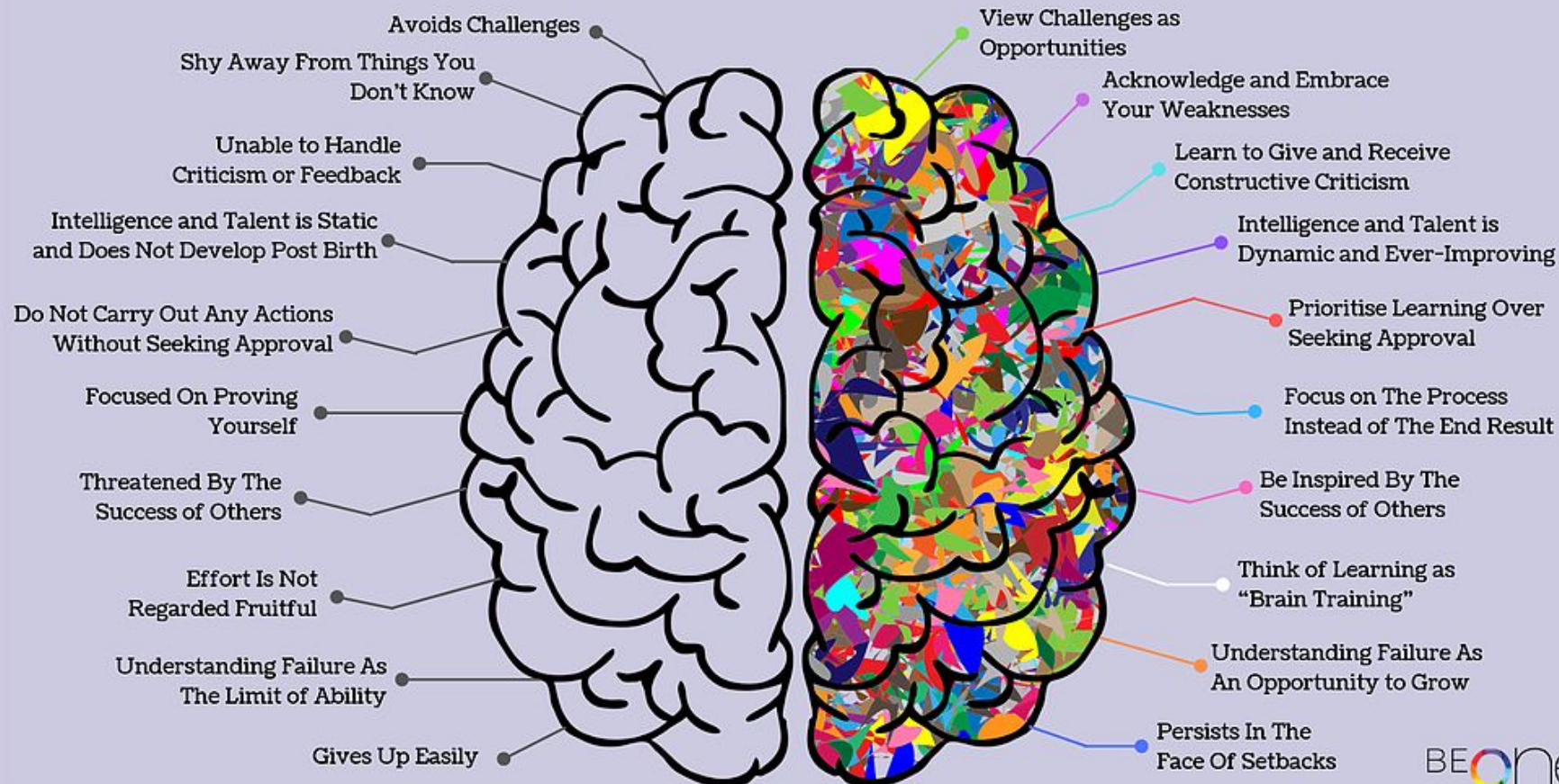
- [The power of believing you can improve](#) (TED talk by Carol Dweck)
- Book - *Mindset: The New Psychology of Success: How We Can Learn to Fulfill our Potential - parenting, business, school, relationships* (2006)
- Book - *Mindset: Changing the way you think to fulfil your potential* (2017)



Growth Mindset

- Fixed Mindset:
 - Qualities, intelligence, talents are fixed/natural
- Growth Mindset:
 - Character strengths can be nurtured
 - Values can be learned
 - Always can improve
 - Embrace challenges, sustain effort, try new strategies

FIXED MINDSET VS GROWTH MINDSET



Instilling Growth Mindset in Children

10 What Questions to Develop a Growth Mindset in Children

1. What did you do today that made you think hard?
2. What happened today that made you keep on going?
3. What can you learn from this?
4. What mistake did you make that taught you something?
5. What did you try hard at today?
6. What strategy are you going to try now?
7. What will you do to challenge yourself today?
8. What will you do to improve your work?
9. What will you do to improve your talent?
10. What will you do to solve this problem?

10 Growth Mindset Questions to ask your kids at the dinner table



1. What did you do today that made you think hard?
2. What challenge or problem have you worked on today?
3. Can you think of something new you tried today? What was it?
4. Was there anything that made you feel stuck today?... Great! What other ways might be there to solve this?
5. What did you learn today outside of school?
6. Can you think of a mistake you made today? ... Great! How can you use this mistake to do better next time?
7. Is there anything you are struggling with? ... Excellent! What new strategies can you try next?
8. Can you think of something you could have done better today?... Great! Who can you seek feedback from to make it better?
9. What would you like to become better at?
10. Did you do anything today that was easy for you? ... How can you make this more challenging for you?



Nurturing Grit and Growth Mindset

[The VIA Character Strengths Survey](#) (discussed during our grief presentation as one strategy for nurturing hope)

- Improve your relationships
- Enhance your overall well being
- Build your resilience (grit, growth mindset)
- Strengthen your ability to overcome problems (nurturing hope)

Fun to do with your children!



Other Tools

- Equilibria - <https://www.equilibria.com/PDI-home>
- [Maialearning](#) (you and your children all have accounts)
 - Work with grade 8
 - HS work



Next Sessions:

July 21: Permission to Feel (Marc Brackett), RULER concept

July 28: Helping Parents Design a Recipe for a Successful Transition to School (virtual or live)