

# SEL MONTHLY™ COMMUNITY NEWSLETTER

## GROWTH MINDSET



### ELEMENTARY SCHOOL

Developing a healthy mindset early in life sets children up for success. It's important to define growth and fixed mindsets and teach children the difference explicitly, using examples of both. Once the basic concepts of growth mindset are taught, remember to model by showing vulnerability and using the power of the word "yet." For example, instead of saying "I don't understand this," try saying, "I don't understand this yet." Once you notice children demonstrating a growth mindset, acknowledge and praise them! Finally, practice together by reframing mistakes and failures as opportunities, using them as teachable moments.

### MIDDLE SCHOOL

Growth mindset impacts more than academic success—it also shapes one's ability to persevere more generally. Help children challenge stereotypes by identifying role models and learning their life stories. When children meet or learn about women and men who have faced and overcome racism, sexism, or other forms of systemic oppression, they are able to think beyond a stereotype and see possibilities. This is a great way to weave in a conversation about the importance of having a growth mindset instead of a fixed one.

### HIGH SCHOOL

Supporting young adults in developing their civic identities is a great way to set growth mindset into action by helping others grow, as well. For example, Frameworks' Teens In Action™ program participants regularly volunteer at Cornerstone Kids Inc., where they help lead 1st graders through Community Building Sessions™ (CBS). CBS is a strategy that serves to enhance a group's culture by building positive relationships, improving students' social and emotional competencies through structured and purposeful activities, and preparing them to learn.

## GROWTH MINDSET

by *Shea Quraishi*  
Chief Academic Officer

Why is it that some children are willing to take the academic risks necessary for learning, while others freeze in the face of challenges and frustration? The difference, according to Stanford psychologist Carol Dweck, is growth mindset. Dweck's research suggests that students' attitudes about failure—attitudes shaped by adults—shape their resilience. Children with a fixed mindset tend to believe that their talents are innate and static—skills that they either have or they don't. In contrast, children with a growth mindset recognize that their character, intelligence, and creativity can be improved with effort. This outlook makes children more likely to invest time and effort, to focus on learning rather than on looking smart, and to embrace mistakes. Fortunately, parents/guardians, educators, and youth-serving professionals all have the ability to nurture a growth mindset in children, shaping the underlying beliefs that they hold about learning and intelligence in ways that can profoundly impact their lives. Read on to learn strategies for cultivating growth mindset in children of all ages—and even in ourselves.





## STUDENTS USING FIXED VS. GROWTH MINDSET

by *Brian Schank*  
*Senior SEL Program Specialist*

Students will approach learning and school challenges much differently if they are operating with a fixed mindset versus a growth mindset. The SEL skills of self-awareness and self-management play a big role when encouraging students to operate with a growth mindset. If we look at three sample situations for students, we can see the difference:

- **Effort:** When facing hard work or an academic challenge, a student using a fixed mindset may want to make little effort and ask others to help with the most difficult parts. Using a growth mindset, however, the student can recognize the need to make an effort in order to be successful and can embrace their strengths and challenges, which can promote confidence and optimism.
- **Challenges:** When faced with challenges, a student with a fixed mindset may avoid challenges to avoid looking inadequate. In contrast, a student with a growth mindset realizes that challenges can be exciting and fun, and learns they can accomplish things they did not realize were possible.
- **Mistakes and Assessment:** When faced with mistakes or feedback, a student with a fixed mindset may feel like they are getting unwanted attention and may be defensive when being corrected. A student with a growth mindset can see the opportunity to learn from mistakes and not take corrections personally.

Building up our students' SEL skills daily in the classroom can lead to their adopting a growth mindset, which helps them meet their full potential and strive to meet their goals.

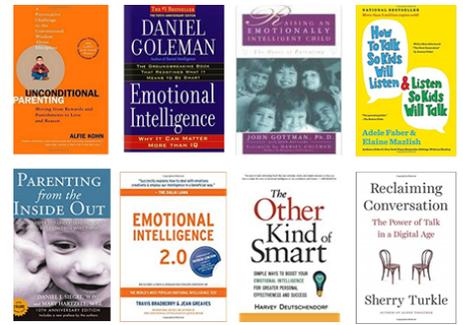
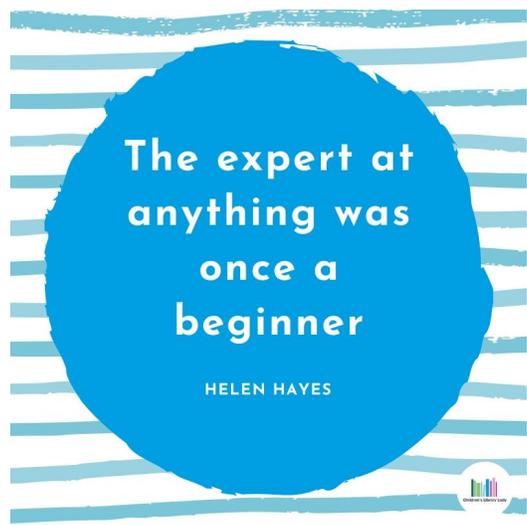
## CHANGE YOUR WORDS -CHANGE YOUR MINDSET!

by *Siomara Bridges-Mata*  
*Community Programs Specialist*

One way you can begin to develop a growth mindset is through the language you use. By using growth mindset phrases instead of fixed mindset phrases, you learn—and help your students and children understand—that success comes through hard work, and that you are in control of achieving all your goals. Below you will find a list of growth mindset phrases that you can start using today!

### Instead of saying this — say this!

- **I am not good at this.** —What am I missing?
- **This is too hard.** — This may take some time and effort.
- **I don't like to be challenged.** — Challenges help me grow.
- **This is good enough.** — Is this my best work?
- **I give up.** — I haven't figured it out yet.
- **If I fail, I am no good.** —In every failure there is an opportunity to learn something new.
- **I am awesome at this.** — I am on the right track.
- **My abilities determine everything.** — My effort and attitude determine everything.



## RESOURCES AND READINGS

by *Kaitlin Kizer*  
*Program Partnership Manager*

### Assess your Mindset

[This quick diagnostic tool](#) provided by MindsetWorks® can be used to assess your mindset by drawing from research-validated measures for people age 12 and over. This 8-question assessment uses rating scales to help you identify fixed mindset elements, and provides feedback and suggestions based on your personal results. Give it a try and see what kind of mindset you may have!

### Students Eat Free!

Hillsborough County Public Schools' "Grab and Go Meals" have identified 21 school sites across the district for students to access meals regardless of school enrollment. On Mondays and Wednesdays from 10:00am-11:00am, all children 18 and under will be able to receive FREE breakfast and lunch provided by USDA government funding.

Click [here](#) for a list of distribution locations, located in north/west, central, and south/east regions of Hillsborough County. Parents can pick up the meals without their child being present by using the child's student ID or date of birth. This is a limited time opportunity through December 2020 or while funding lasts.

## UPCOMING EVENTS



Frameworks 2020 Annual Fund Drive  
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 Now through December 31, 2020

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