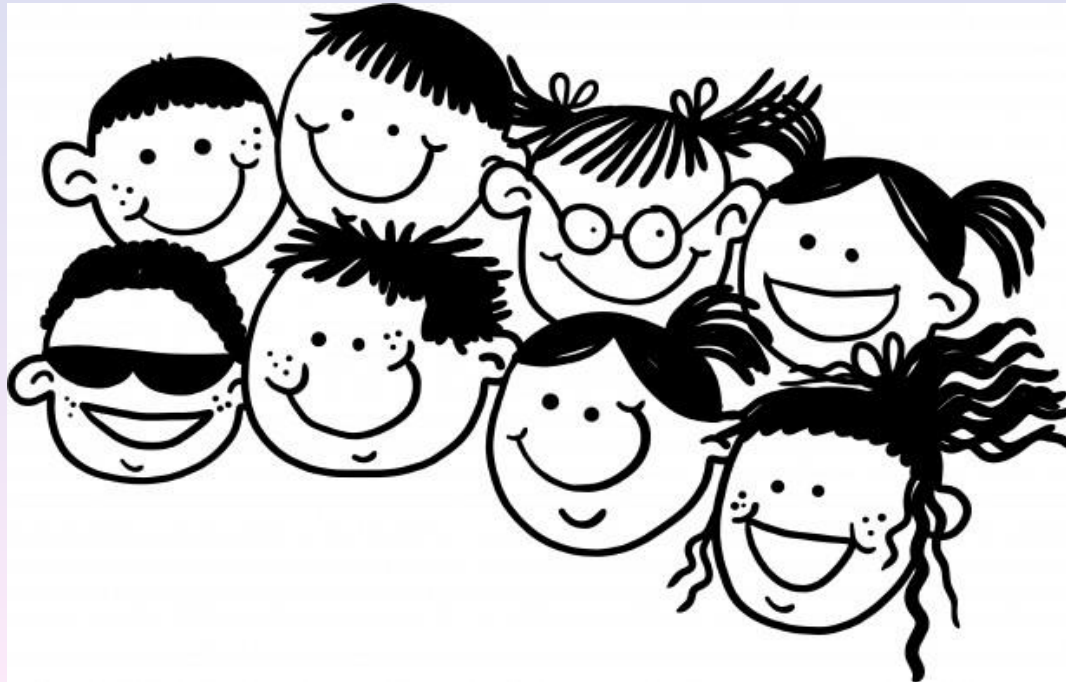


Growth Mindsets.

Praise for Parents.



‘People are made, not born’

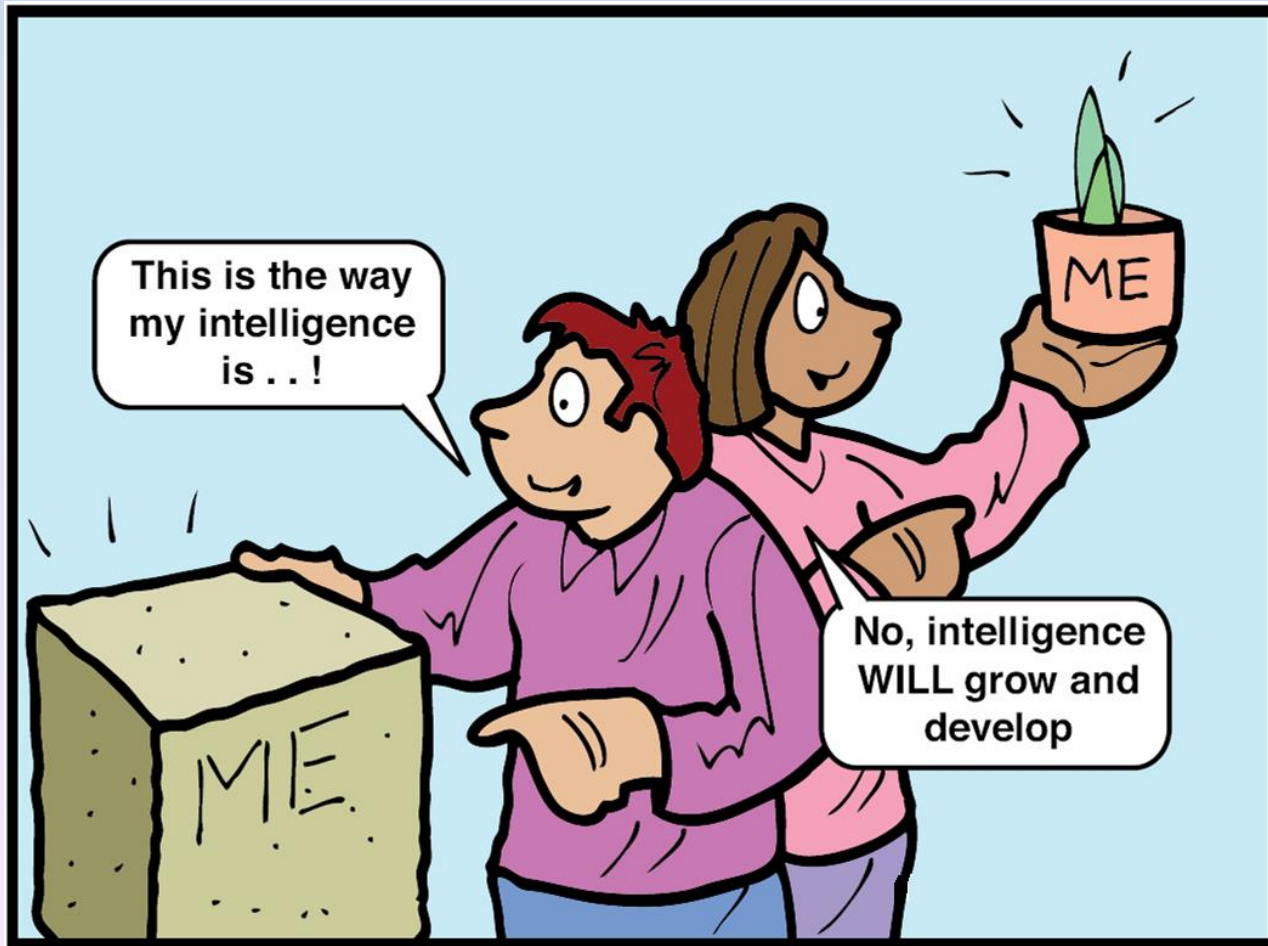


Mindset

- Related to your belief about ability
- **Fixed** mindset – ability cannot change
- **Growth** mindset – ability can change (grow)



Two mindsets



Responses:
are how we react to events



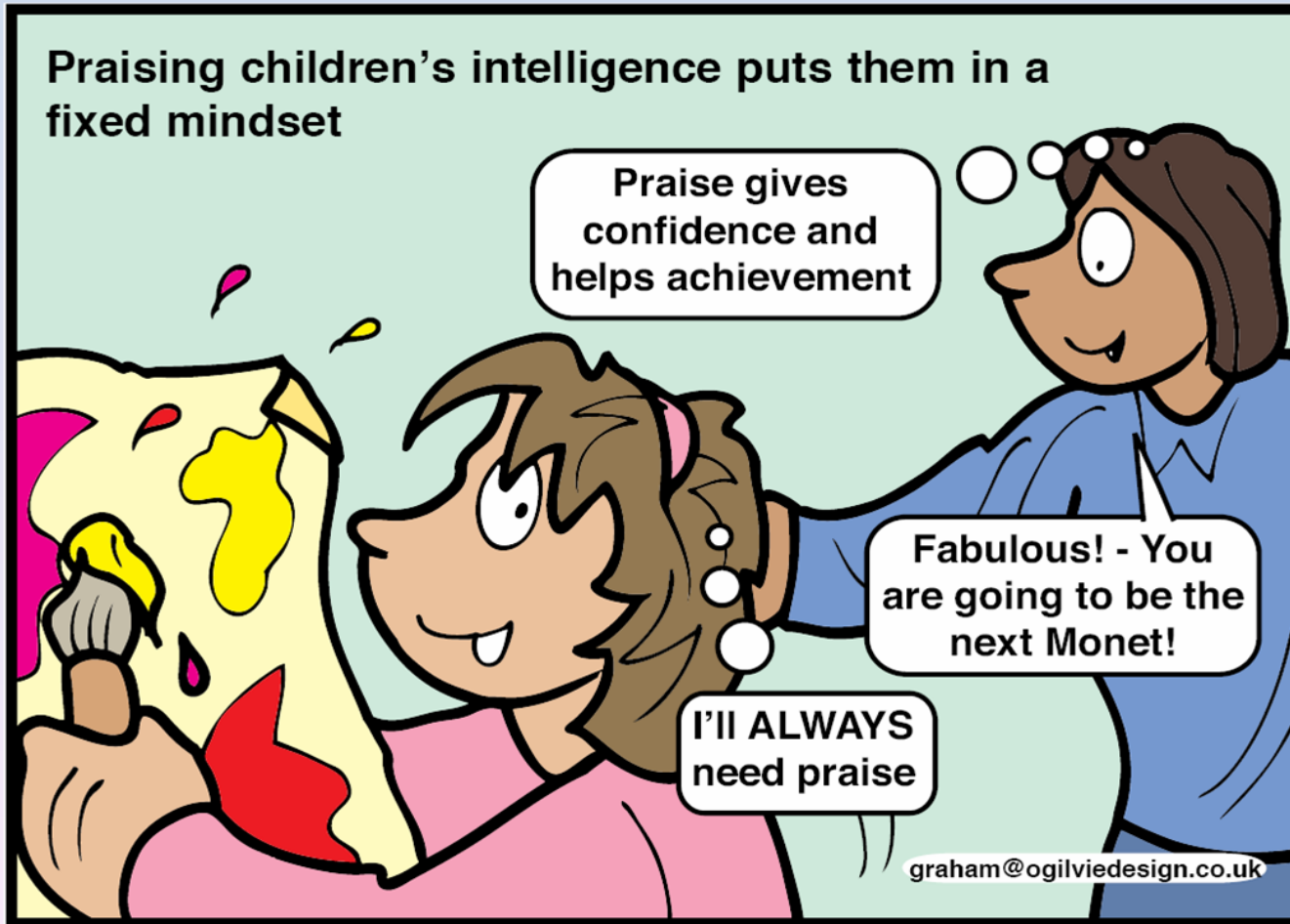
Effort: mindset



Praise

- People are very sensitive to the messages they receive about themselves.
- The way we interact with young people can foster either a growth or a fixed mindset.
- **Praise for effort v. praise for ability.**

Praise: ability

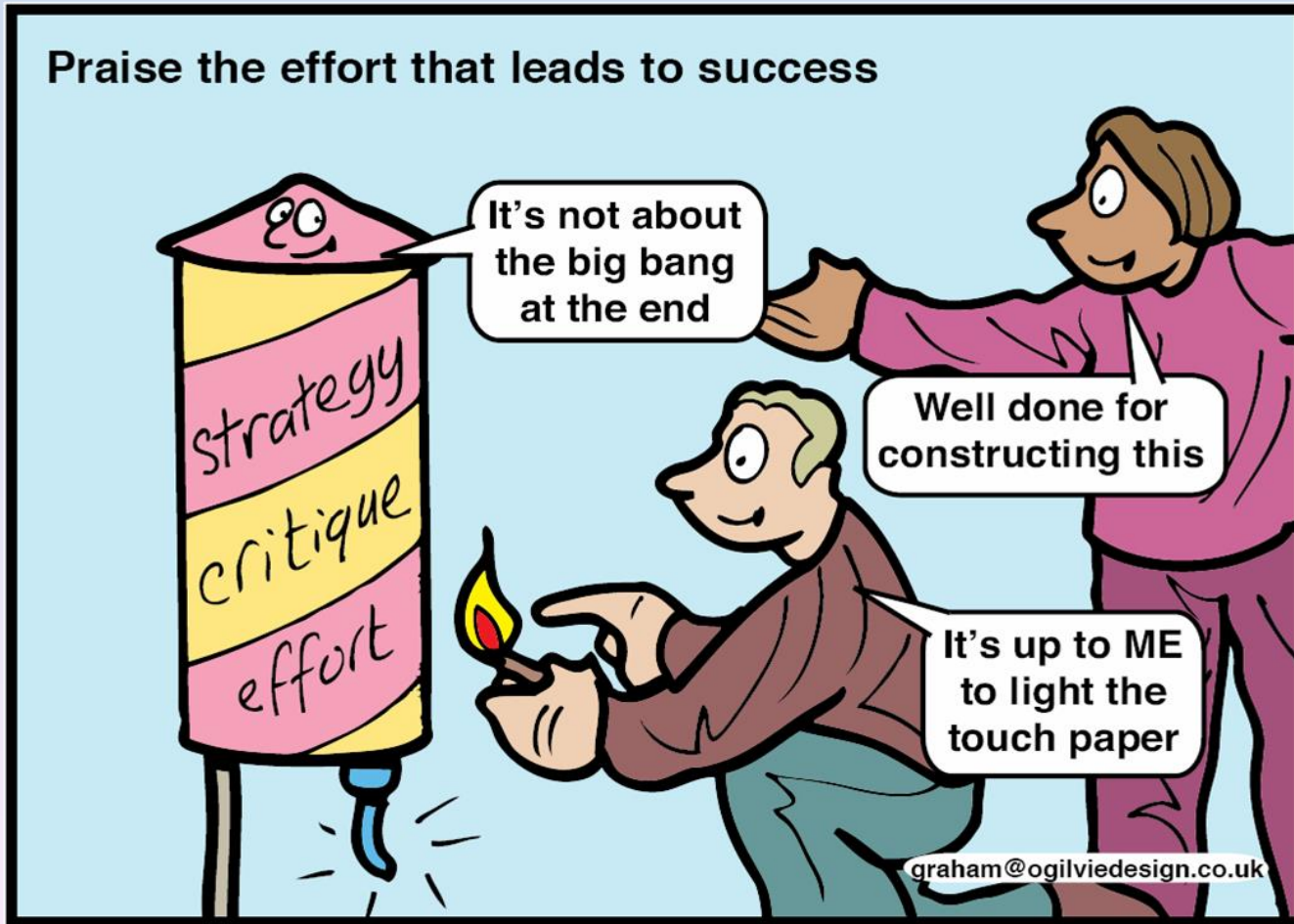


Praising for ability (e.g. talent or intelligence)

- Can change a young person's mindset from growth to fixed.
- Encourages young people to create **performance goals** and display a **helpless response** when faced with challenges.
- Encourages young people to **lie** about scores.
- **Undermines** motivation and willingness to take risks.



Praise: effort



Praise for effort

- Encourages people to adopt a growth mindset.
- Encourages people to create learning goals and display a mastery response when faced with setback.
- Increases motivation and success.



Praise is not a villain



Good feedback is important

- Constructive criticism is necessary if we want people to develop and learn.
- Praise is not a villain – praising for the effort and the process will help the person become more motivated and ultimately more resilient.



Remember: praise the **process** not the person.

