

LIVING ENVIRONMENT

Instructor: A. Redway

**FIXED OR
GROWTH
MINDSET?**

SUCCESS = EFFORT > ABILITY
HOW TO ACHIEVE SUCCESS?

EFFORT IS KEY TO SUCCESS

“No matter what your ability is, effort is what ignites that ability and turns it into accomplishment.”

Carol Dweck

Strategies

PARENTS

Dialogue with children in the fixed mind set state. Have them suggest strategies for making assignments more *interesting and manageable*.

Recognize the difference when there is a *genuine learning deficit* for a skill versus the *lack of effort*. To achieve mastery of most skills, *rote practice is required*. Malcolm Gladwell points out that roughly 10,000 hours of practice is needed to achieve mastery in a field. In other words, **mastery cannot be achieved without effort.**

If a genuine learning deficit for a skill is evident, *have it corrected with quality tutoring immediately*. Most often, the skills being addressed will be synthesized into a *macro-process later in the curriculum*. Seeking help immediately will *mitigate later frustration when the curriculum becomes more challenging*.

STUDENTS

Seize every opportunity to practice a skill. Opportunities can be in the form of *homework, classwork, tutorial* and most importantly, *independent practice*. Embrace challenges as *opportunities to learn*.

ACHIEVING A GROWTH MINDSET

In this issue of the parents' newsletter, the focus is to share with parents, **strategies for engendering a growth mindset in their children.**

Often as a teacher, I encounter a few gifted students who share the fixed mindset that having an *innate ability is more important than expanding one's skill and knowledge through effort*. From their perspective, *ability is the only key to achieving success*. For some, this

was validated in previous curriculum standards that *neglected to challenge them to expand their skills and knowledge*.

However, were they learning and growing or just coasting using their abilities? When the work becomes challenging and ability is not enough, these **students fixed in their mindset lack the critical skills to embrace challenges**. Several things tends to happen: *they want to give up; they engage in blaming others; and or they take short cuts to completing assignments*. What can you do if you notice these behaviors?