



Below are a few top tips for promoting a growth mindset in children by Professor Carol Dweck:



Help your child understand that the brain works like a muscle, that it can only grow through hard work, determination and lots and lots of practice.



Don't tell your child they are smart, gifted or talented, since this implies that they were born with the knowledge and does not encourage effort and growth.



Let your child know when they demonstrate a growth mindset.

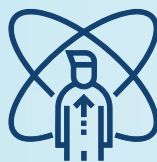
Embrace failures and missteps. Your child sometimes learns the most when they fail. Let them know that mistakes are a big part of the learning process.

There is nothing like the feeling of struggling through a very difficult problem, only to finally break through and solve it!

The harder the problem, the more satisfying it is to find the solution.



Praise the process. It's effort, hard work and practice that allow your child to achieve their true potential.



Don't praise the results. Test scores and rigid ways of measuring learning and knowledge limit the growth that would otherwise be tapped.



Encourage participation and collaborative family learning. Your child learns best when they are immersed in a topic and allowed to discuss and advance with family members and friends.



Encourage competency-based learning. Get your child excited about what they are doing by explaining why it is important and how it will help them in the future.



The goal should never be to get the 'correct' answer, but to understand the topic at a fundamental, deep level, and want to learn more.