

Promoting a Growth Mindset

Our beliefs about intelligence matter. Let your student know that their intelligence is not fixed or permanent, but changeable. With time, effort, the right strategies, and help from others, your student can learn and do anything.



Praising students for being “smart” actually decreases their growth mindset, which then impacts their perseverance in stressful academic situations.



Rather, praise students on process: how hard they work, how many different strategies they try, their persistence, their focus, etc.