

Growth-Mindset Questions for Families to Ask Children

. "Mindset is a simple idea discovered by world-renowned Stanford University psychologist Carol Dweck in decades of research on achievement and success—a simple idea that makes all the difference.

In a **fixed mindset**, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort. They're wrong.

In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Virtually all great people have had these qualities

Mindset, by Carol S. Dweck, states that success is about learning. Questions that put the focus on learning are a great way to encourage your child/children to strive to challenge themselves in their learning. A growth mindset;

- asks students to stretch themselves to learn new things every day.
- focuses on development and believes everyone can change and grow through effort and experience.
- helps students learn that success comes through practice and perseverance.
- believes mistakes lead to learning.

Here are questions that you can ask your child/children to stimulate growth-mindset discussion:

- *What did you learn today?*
- *What mistakes did you make that taught you something?*
- *What did you try hard at today?*
- *Who did you help today?*
- *You can discuss your own and one another's effort, strategies, setbacks and learning.*
- *You can talk about skills you have today that you did not have yesterday because of the practice you put in.*
- *What feedback did you get at school today?*
- *What feedback did you give?*