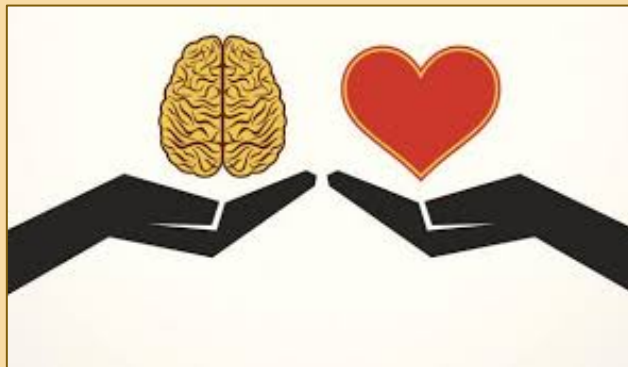


Growth Mindset: Parents Nurture a love for learning



LOS ANGELES UNIFIED SCHOOL DISTRICT

Local District South

Parent and Community Engagement Unit

Welcome!

Name of Facilitator

- Veronica Obregon, LCSW, Ed.D.
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LEARNING OBJECTIVES

- I. What will we learn today?
 - Parents will learn that intelligence grows throughout life
 - Parents will learn strategies that build a GROWTH MINDSET about intelligence to help their children succeed.

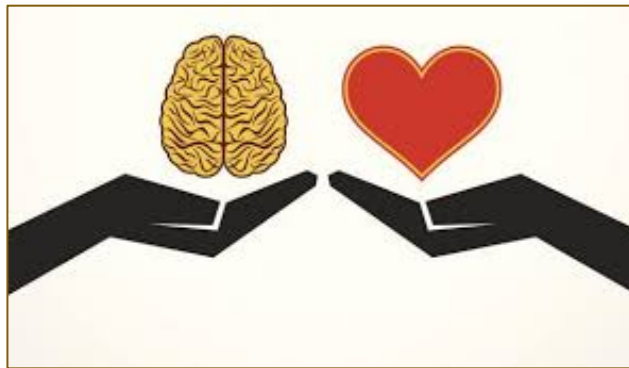
Grounding

“Children’s need to make sense of the world and to be skillful in it is as deep and as strong as their need for food and rest or sleep. At times it may be stronger!”- John Holt.

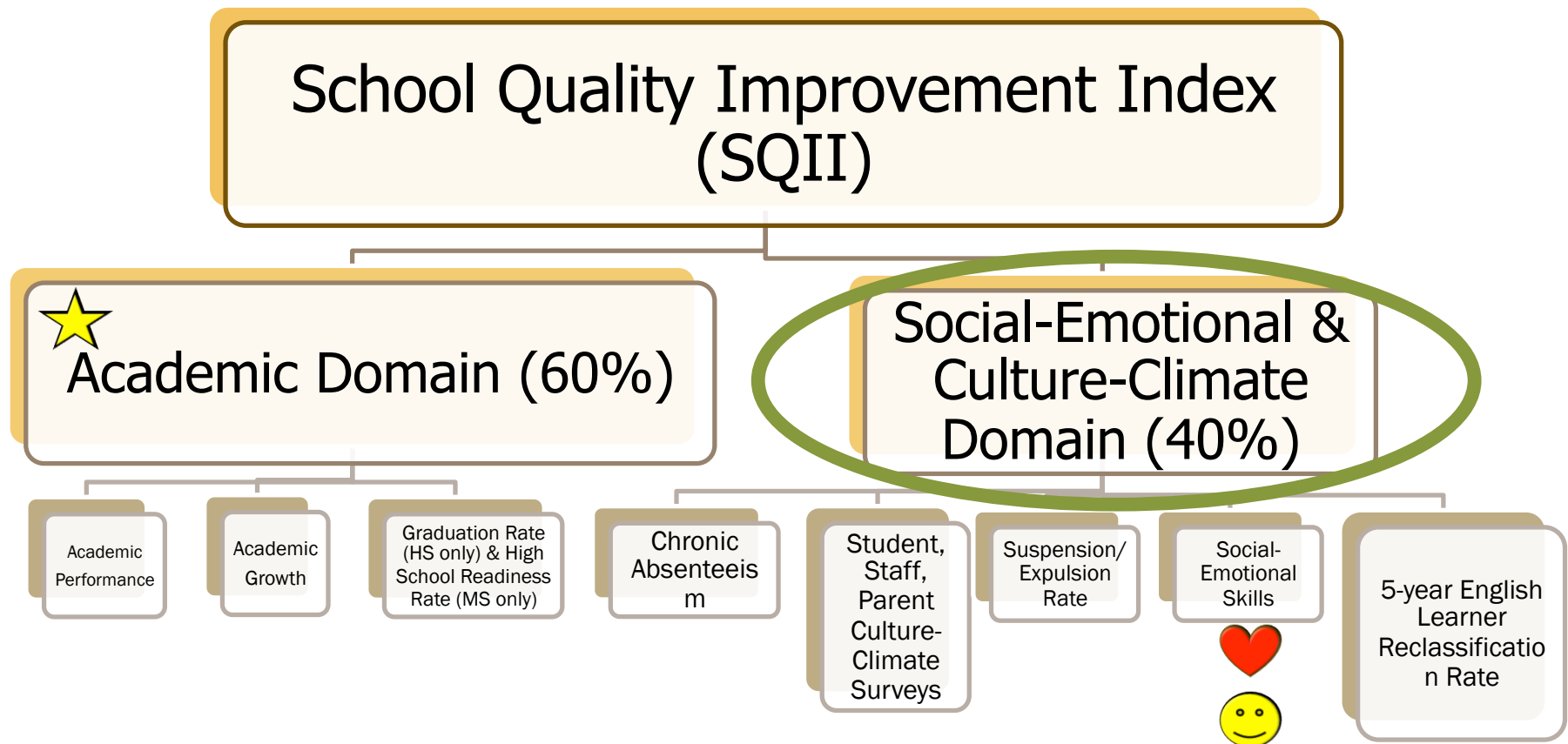


Social Emotional Competencies

“Research has demonstrated a strong link between social-emotional (SE) competencies like self-management and developing a positive growth mindset to the academic preparation helping our students succeed in college, career, and life.”



Socio-emotional skills are taught in school
because of a new school accountability system



Social-Emotional & Culture-Climate domain

Social-Emotional Skills are those personal character qualities that affect students' attitudes toward work and toward their own intelligence.

Growth Mindset

The belief that you can grow your weaknesses and talents with effort. The ability to persist when you fail, to embrace challenges and to learn from criticism.



Social Awareness

The ability to empathize with others from different backgrounds and understand the acceptable social and ethical behaviors. The recognition of family, community and school support.



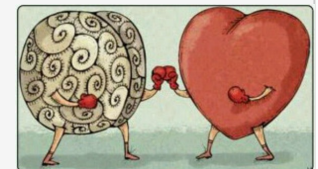
Self-Efficacy

The belief that you can succeed in reaching a goal and having the confidence in your abilities.



Self-Management

The ability to manage your emotions, thoughts and behaviors in different situations. This includes managing stress, delaying gratification and motivating yourself to meet goals.



TODAYS FOCUS: GROWTH MINDSET

The belief that you can improve on your weaknesses and grow your talents with effort. The ability to:

- Persist when you fail,
- Embrace challenges
- Learn from criticism.



We teach these skills for 2 reasons

1. They are teachable and measurable skills
2. They are the recipe for Academic Motivation that leads to academic achievement

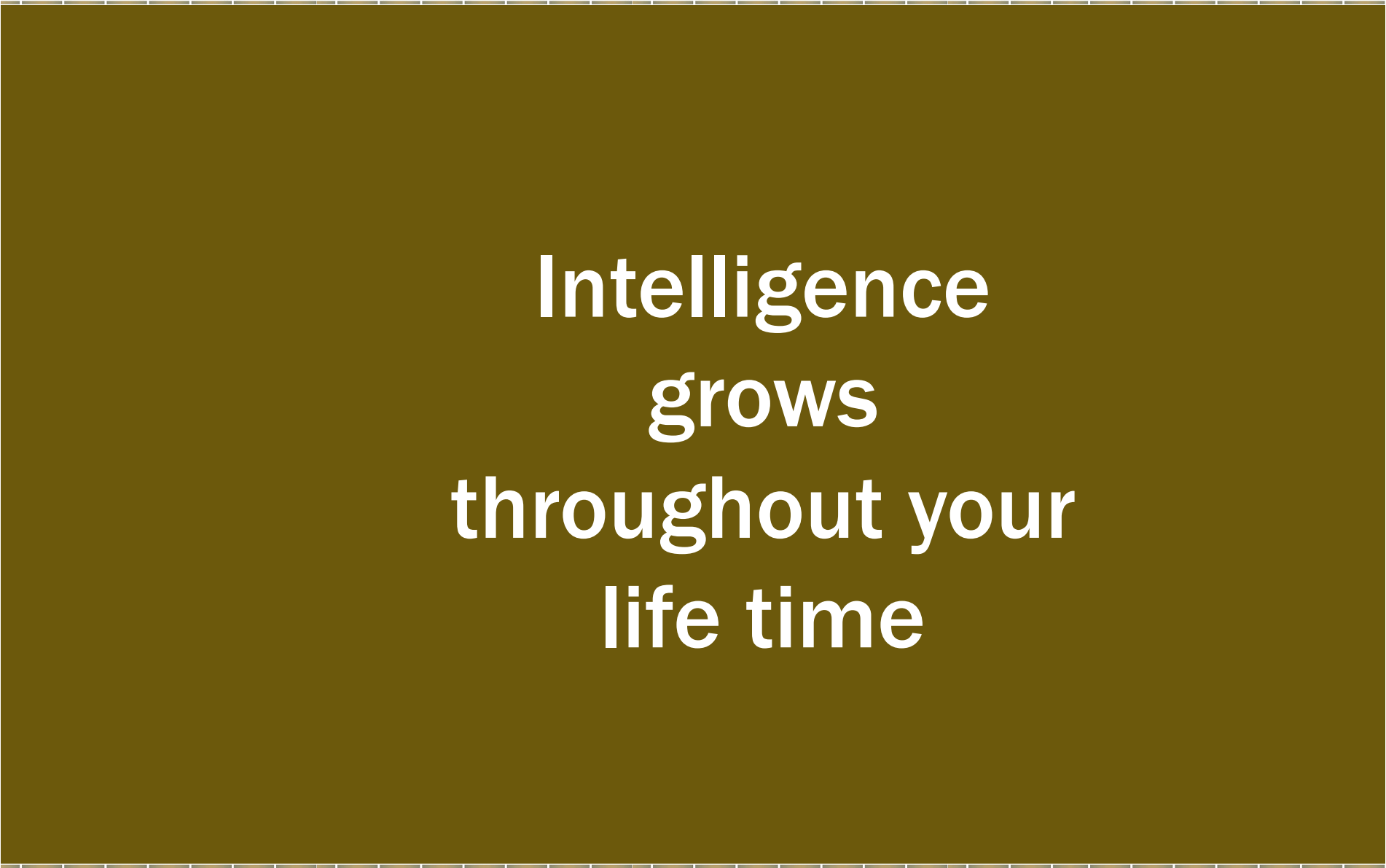



ACADEMIC MOTIVATION


Parent Motivation is the most **POWERFUL!**

“Even if parents are unable to assist their children with a specific subject area or skill, they can still play a vital role by encouraging student’s feelings of competence and control and positive attitudes towards academics”

(Grolnick, Friendly and Bellas, 2009)



**Intelligence
grows
throughout your
life time**



Lets talk about the brain to understand Growth Mindset

And its relationship to intelligence and motivation

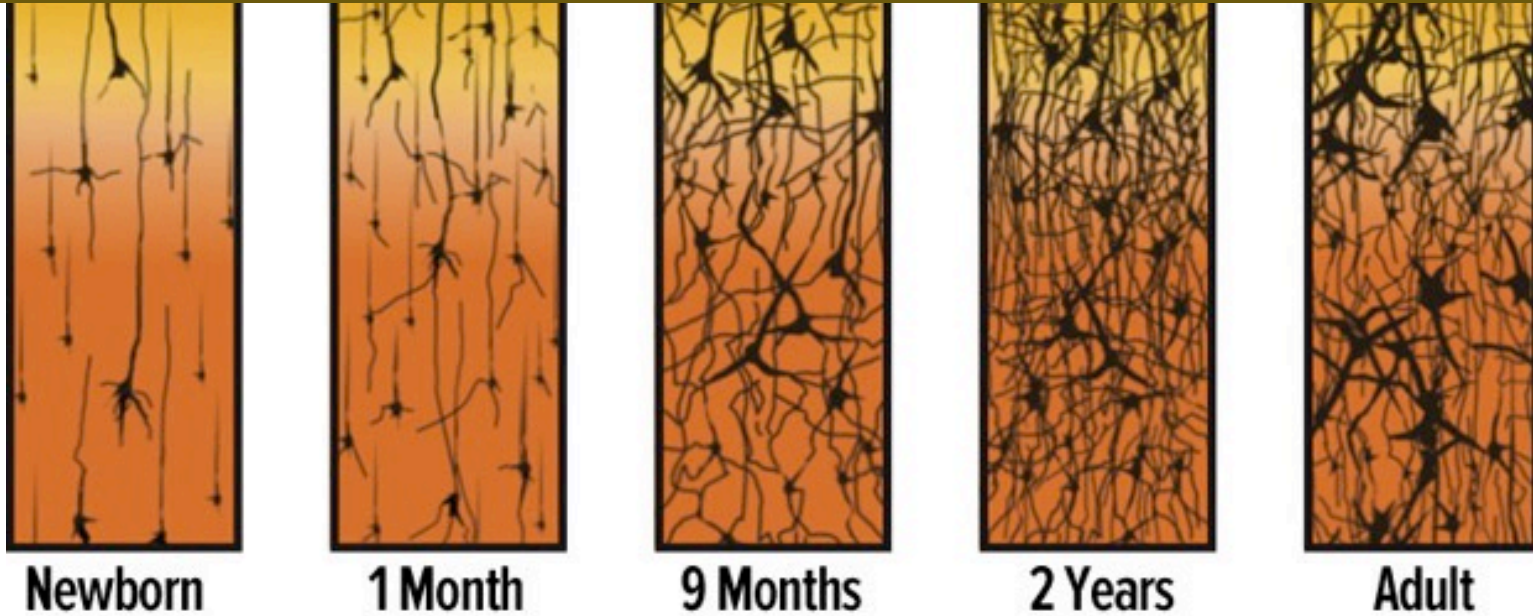


What is Intelligence?

Intelligence is
your ability to
choose your
best option!



Brain Development: Neuroplasticity



- A baby has 100 billion neurons when they are born and approximately 25% are connected
- Brain connections are formed every time you make a memory. Your brain changes every time it has a new experience.
- Synapses continue to form until early adulthood
- Your brain is like plastic it keeps growing until your 30's.

Brain: Brain Web Activity

- Split group in half to form 2 groups
- Pass out yarn
- Wait for instruction

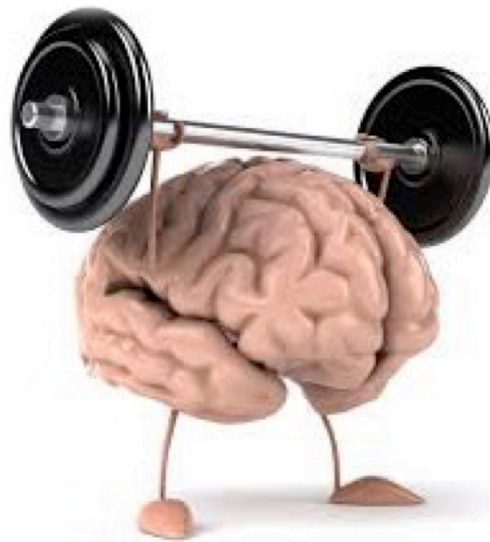


Now that you know that the brain keeps developing into adulthood, do you think intelligence keeps growing too?

- Do you think intelligence stays the same?

Example:

“She’s just not that smart, that’s why she doesn’t get good grades”



- Do you think intelligence grows?

Example

“She works hard for her good grades”

VIEWS ABOUT INTELLIGENCE

What you understand about your child's intelligence affects your child's motivation.

What your child believes about his intelligence affects his motivation.

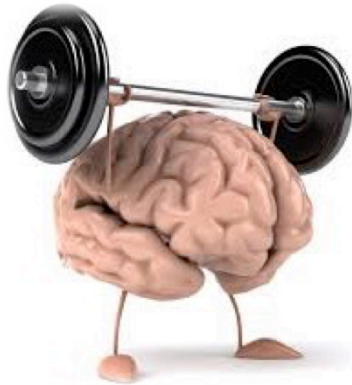


**The way we talk
to our children
becomes their
inner voice.**



What is your definition of intelligence?

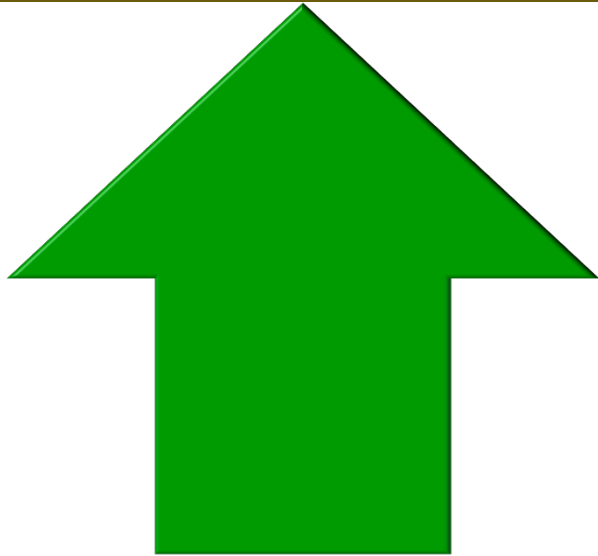
GROWS



STAYS THE SAME

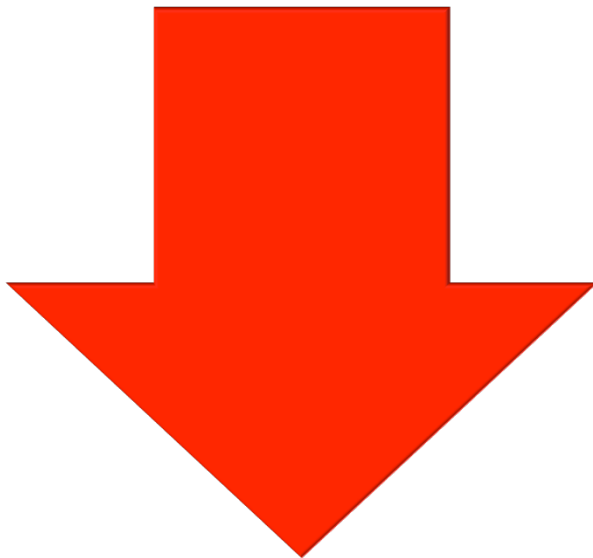
Raise your hand?

Intelligence Theory



Growth Mindset

- Intelligence can be developed
- It can go up or down
- Leads to a DESIRE to learn



Fixed Mindset

- Intelligence stays the same
- Intelligence fixed at birth
- Leads to a desire to look smart

STUDENTS WHO HAVE A...

GROWTH MINDSET

Leads to a tendency too:

Embrace challenges

Persist in the face of setbacks

See effort as a path to mastery

Learn from criticism

Find lessons in the success of others

STUDENT RESULT:

- Higher levels of achievement
- A sense of free will

Challenges

Obstacles

Effort

Criticism

**Success
of Others**

FIXED MINDSET

Leads to a tendency too:

Avoid challenges

Give up easily

See effort as fruitless

Ignore useful negative feedback

Feel threatened by the success of others

STUDENT RESULT:

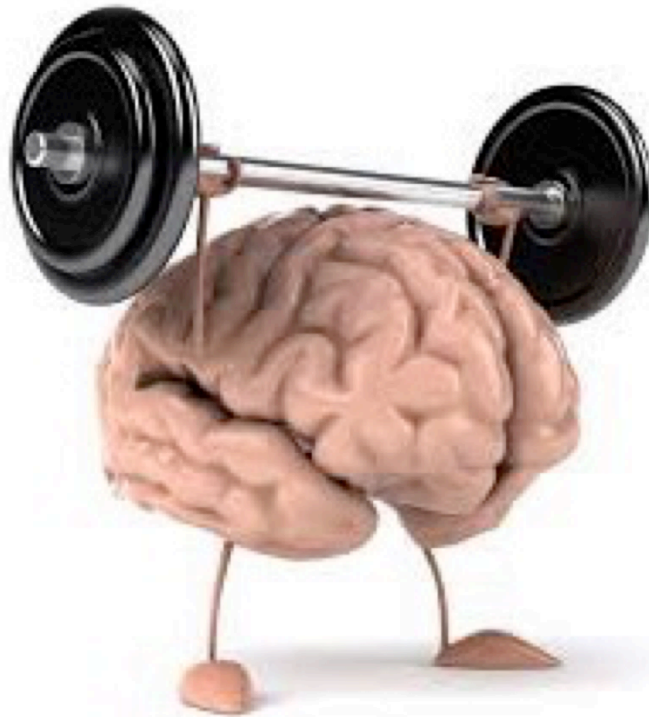
- They may plateau early
- Achieve less than their full potential



II. Strategies that build a **GROWTH MINDSET** about intelligence



**YOUR BRAIN IS A MUSCLE,
THE MORE YOU USE IT THE
STRONGER IT GETS!**



Parent Strategies to develop a Growth Mindset in your children



Talk about Growth Mindset with your family

Talk about your family history, make your children feel like they are part of a bigger picture, a bigger vision, a dream for your families future.

Work hard...encourage your children to work hard (effort)

Teach Persistence= Don't give up (challenge)

Problem solving...don't always do for your child, let them figure it out. (obstacles)

Stop telling your kids that they are smart. Praise their effort when they use good strategies.



Questions

