



7 Process Praise Examples to Foster Learner Resilience

Elevate your daily 4:1 practice to support **all** learners' success through process praise.

By intentionally using this type of positive feedback to reinforce effort and specific problem-solving strategies employed by the learner, we also promote a growth mindset, while boosting motivation, self-efficacy, and resilience.

Take a moment to reflect on how you praise your learners. If you've been using personal praise that focuses on ability, might you shift your verbiage to highlight effort and/or process instead?

You can still personalize your process praise by using the student's name. Check out the examples below and participate in the **4:1 Process Praise Challenge**: at least 4 positive process/effort-based praise statements to 1 corrective statement.

Instead of saying (person-praise)	Try saying (process-praise)
You're so smart!"	"Great job showing your work on your math assignment, class. What a great improvement from yesterday!"
"Thank you for being a good student!"	"Your eyes and ears are on the speaker. Way to refocus Jayleen"
"Nice job!"	"Nice job helping Sonia work through the steps of that problem, Maria! Way to support each other!"
"You did it! I told you you were superstars!"	"You started/completed your work! Great reaching out for help through e-mail this week, class!"
"Wow, you know a lot of words!"	"I can tell Matthew really studied for the test this week. He improved, getting 10 more answers right than last week. Way to step up your vocabulary game!"

<http://mindsetscholarsnetwork.org/wp-content/uploads/2015/09/Praise-That-Makes-Learners-More-Resilient.pdf>

