

BACK TO SCHOOL

NEW RAINBOW
EDUCATION LLC
Newsletter



Growth Mindset

A growth mindset creates a love of learning, builds resilience, and is a key factor to achieving great accomplishments.

"I try new things."
"I can learn to do what I want."
Growth Mindset
"Failures offer opportunity and growth."
"I embrace challenges."
"I learn from feedback."
"My mistakes help me grow."
"I am inspired by other people's success."
"I keep trying and never give up."



Should teens have later school schedules to adjust to their body clocks?

Experts say adolescents are biologically wired to stay up later than younger kids, and having to get up early for school contributes to them being chronically short on sleep. But delaying school start times can help. The American Academy of Pediatrics has called insufficient sleep in adolescents a public health issue and recommends that middle and high schools start no earlier than 8:30 a.m. Parents, what do you think?

Cultivating a Growth Mindset

By: Berdette Henry

"In one world, effort is a bad thing. It, like failure, means you're not smart or talented. In the other world, effort is what makes you smart or talented."

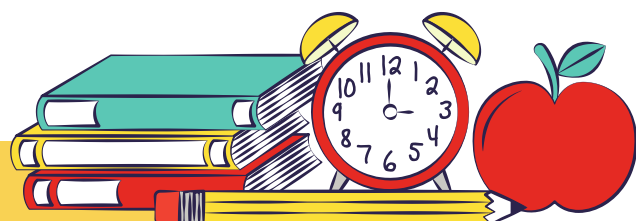
-Carol Dweck

Begin the school year off right by laying the foundation of a growth mindset in your child. A growth mindset helps them to build persistence and to thrive in and outside of the classroom.

Fixed Mindset

"I give up easily."
"My potential is predetermined."
Fixed Mindset
"I stick to what I know."
"I avoid challenges."
"Feedback and criticism is personal."
"I will never improve."
"There is no point in trying it."
"I am either good at it or I am not."

A fixed mindset assumes that our skills, intelligence, and creative ability are static and can't be changed.



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What is a Growth Mindset?

A growth mindset is when you believe that intelligence is something that can change, grow, and develop.

A fixed mindset assumes that our character, intelligence, and creative ability remain the same. In other words, we can't change in any meaningful way our minds. Research has shown that nurturing a growth mindset in our children will enhance their capacity to grow and learn. The beliefs your children have related to intelligence, effort, and struggle significantly impact the choices they make about life, particularly as they mature into adults. Does your child view failure as bad? Do they see a problem as a challenge to be faced or impossible to overcome? Does your child struggle with making mistakes?



Simple Ways to Teach Your Child a Growth Mindset

Introduce your child to the two types of mindsets by modeling and giving examples of each. Share a time when you were stuck and had to work hard to overcome a challenge.

Ask your child to share a similar example. Ask them, why they think it's a fixed or growth mindset.

Look for both mindsets in action. Whether in the classroom, on TV, or in a book teach your child to recognize a growth mindset among teachers, peers, friends, and family members.

Model the concept of a growth mindset. It will prove to be the difference between your child understanding the concept and them actually living it.

For more on growth mindset check out this video on our site:
www.newrainboweducation.com/

