



Seedling

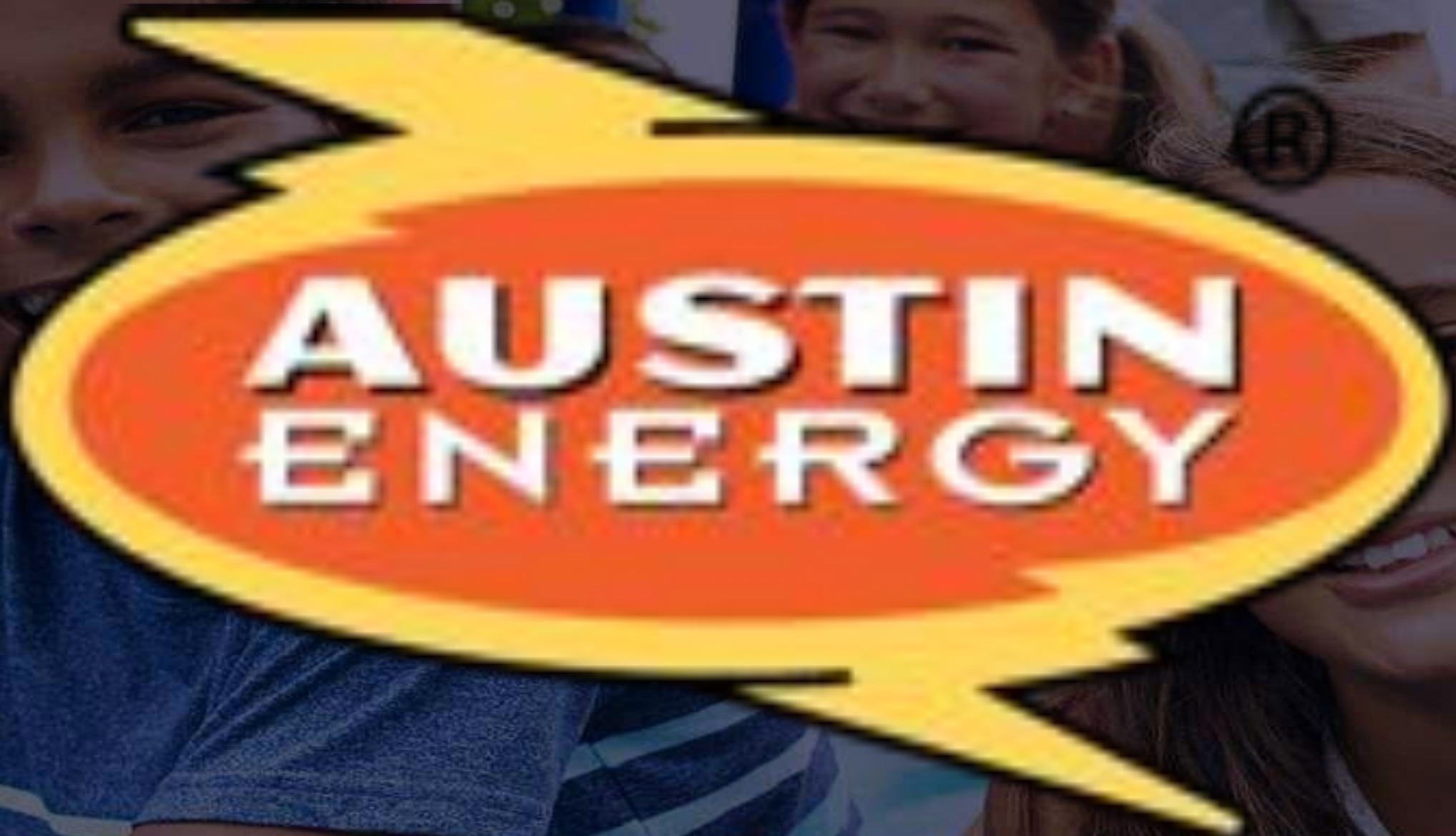
Mentor. Nurture. Grow.

Encouraging a Growth Mindset



Thank you so much!

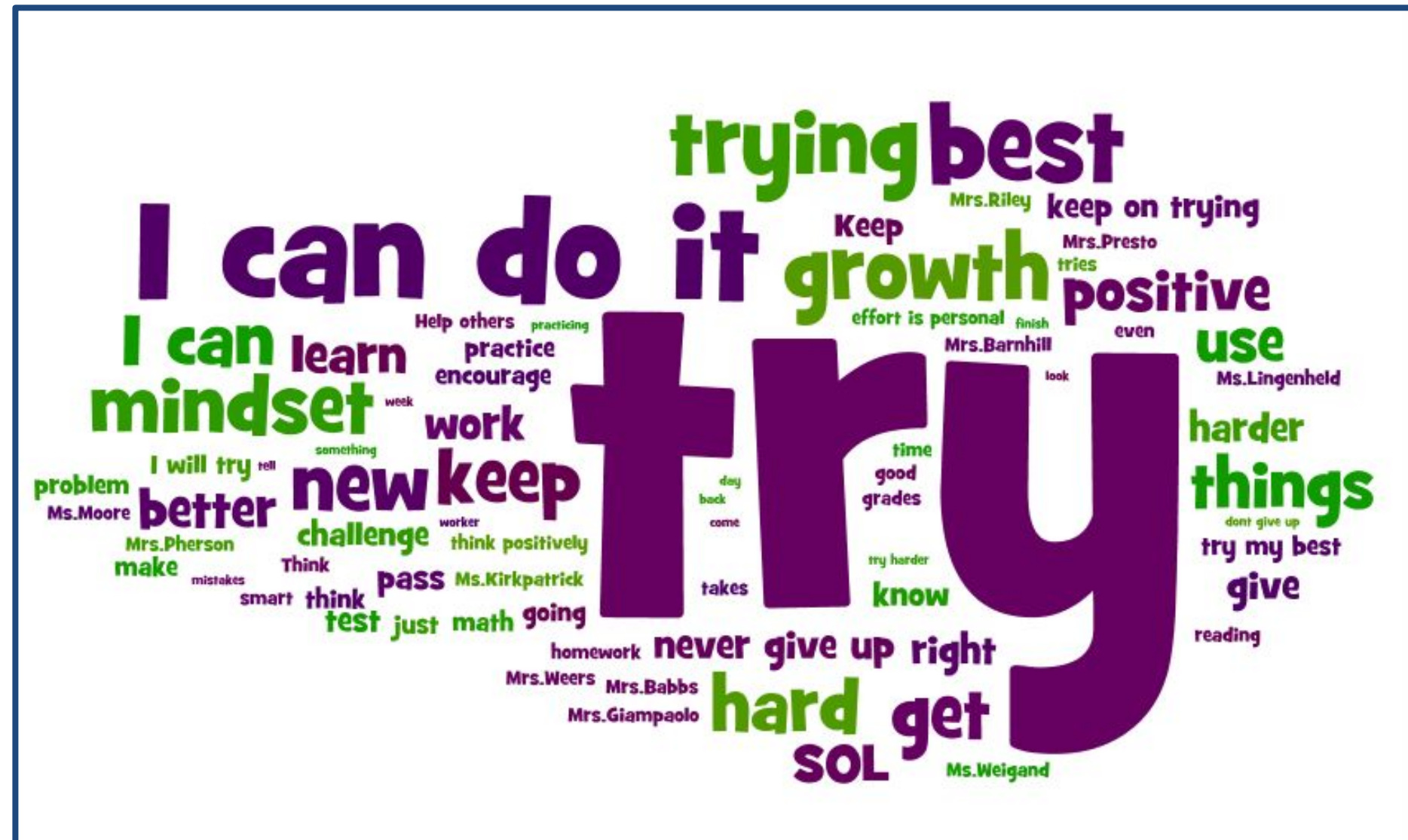
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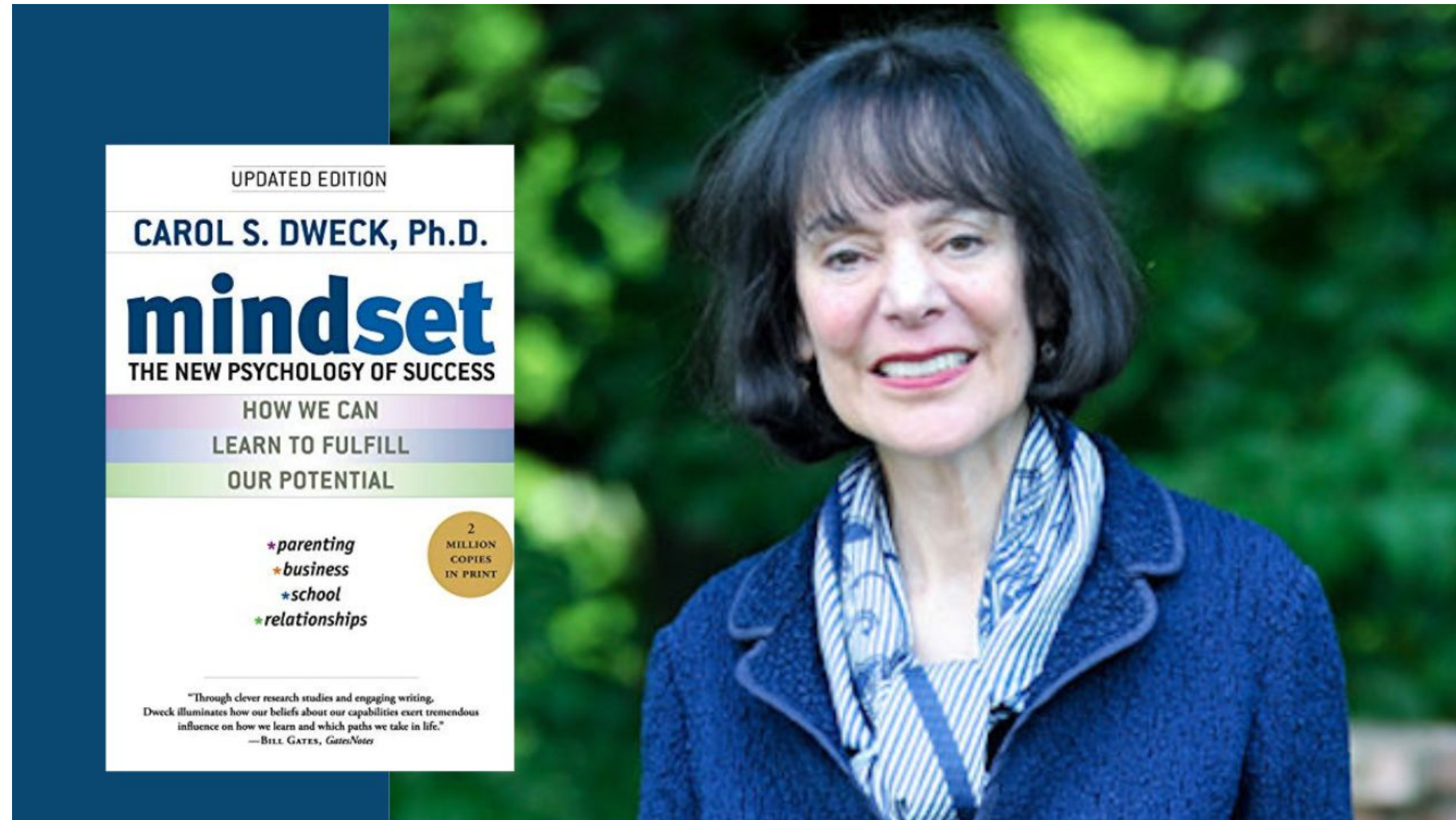


Encouraging Growth Mindset

Agenda:

- **What**
- **Why**
- **How**





“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.”

FIXED VS GROWTH MINDSET







Youth with a Growth Mindset:

- Retain their confidence when faced with challenges.
- Are more open to taking risks and going beyond their abilities.
- Are more resilient when they make a mistake or suffer a setback.
- Emphasize learning and their development more than “showing off.”
- Cheat less, as they are more interested in improving than the final result.



Youth with a Growth Mindset:



- Feel fewer social pressures.
- Have less aggression and stress.
- Are less likely to label their peers with fixed identities. (e.g., “bully” or “loser”)
- Handle negative experiences, such as bullying, more effectively
- Work harder to improve their relationships with others.
- Handle conflict more easily as they recognize their “adversary” as being able to change.

THE POWER OF **YET**

I don't know ... **YET**

I can't do this ... **YET**

This doesn't work ... **YET**

I'm not good at this ... **YET**

I don't understand this ... **YET**

This doesn't make sense ... **YET**

Praise the Process, Not the Person

Instead of This (Person-Praise)

Great job! You must be smart at this.

See, you *are* good at English. You got an A on your last test.

You got it! I told you that you were smart.

You are such a good student!

Try This (Process-Praise)

Great job! You must have worked really hard.

You really studied for your English test and your improvement shows it.

I like the way you tried all kinds of strategies on that math problem until you finally got it.

I love the way you stayed at your desk, you kept your concentration, and you kept on working. That's great!

GROWTH

Mindset Statements

My potential is limitless with effort and perseverance.

I am in control of my own success.

I am open to new ideas and different perspectives.

Learning from others is a valuable part of my journey.

I can learn anything I set my mind to.

I can achieve my goals through effort.

Persistence leads to progress.

Challenges help me to improve.

I am capable of achieving great things.

Mistakes are opportunities to grow.

Learning is a lifelong journey

Every setback is a setup for a comeback.

Feedback is a gift that helps me learn.

Effort is the path to mastery.

Failure is a stepping stone to success.

I can always improve with practice.



Growth Mindset Kit: How Mentors and Growth Mindset go Hand-in-Hand



Embracing your own growth mindset journey

Working on your own mindset will help you support a mentee in this work - so how can you apply this mindset to your life?

Activity: Strategy box

Simple exercise to help youth identify strategies that have worked for them in the past that they can apply to new problems and challenges. Can be helpful when youth feel "stuck" or lacking in ability.

Teaching Growth Mindset to Mentees

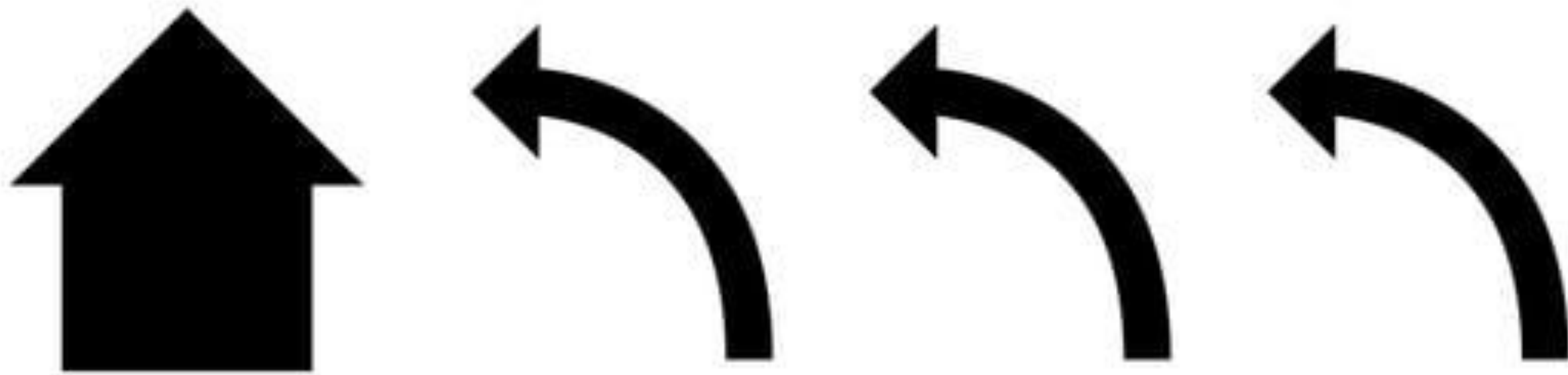
Help mentees adopt a growth mindset is by spending some time directly teaching them about the neuroscience of brain plasticity.

Meeting Your Mentee Where They Are At

A short lesson on meeting your mentee where they are currently at with growth mindset.

Brain Teaser

6



Brain Teasers

What is the maximum number of times you can subtract five from 25?



How many sides does a circle have?

Mentor Self Reflection

Embrace your own growth mindset journey!

How have you emphasized a growth mindset in your life?

How can you emphasize growth mindset moving forward?





Resources

[58 Brain Teasers and Mind Puzzles](#)

[Whole Child Counseling: Growth Mindset Videos](#)

[Dreambox: Math Brain Teasers for Kids](#)

[National Institute of Environmental Health:
Rebus Puzzles for Kids for Kids](#)

[Big Life Journal: Freebies](#)

[Growth Mindset Lesson Plan](#)

[Khan Academy](#)

[Seasme Street: Power of Yet Video](#)



Questions, Comments?

<https://www.seedlingmentors.org/current-mentors/>

High School Mentor Bulletin

Mentor Minute

