

News From Your School Psychologist

Issue No. 9

Topic: Growth Mindset

May 2023



With everything in bloom this spring, it is only right that we allow our mindset to do some growing as well!

Growth Mindset

What is Growth Mindset?

An individual with a growth mindset is one who believes their talents can be developed through hard work, good strategies, and input from others. Growth mindset is important because students who adopt a growth mindset view challenges as ways of progressing toward their desired outcomes. Students who believe they can develop their talents and abilities see roadblocks and critical feedback as methods to gather information they could use to help themselves learn. This is the key to a student's success!

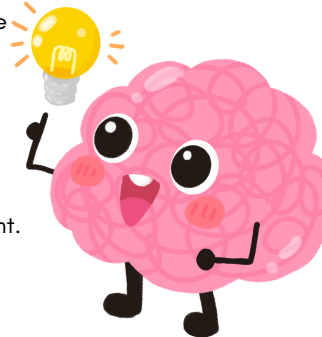
Growth Mindset vs. Fixed Mindset

While growth mindset is the belief that abilities can be cultivated with effort, learning, and persistence, fixed mindset is just the opposite. A fixed mindset is a belief that basic qualities, like intelligence or talent, are simply fixed traits.

Growth Mindset and the Brain

Many people believe that the ability we are born with is unchangeable. However, the concept of **neuroplasticity** allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment.

Neuroplasticity is actually how our brains "grow" by allowing our brain to form new connections. Our brains are shaped by experiences, learning, and adaptation. Thus, a growth mindset is possible for those willing to put forth the effort.



Growth Mindset

Let's Put Your Mindset to the Test

DIRECTIONS

1. Circle the number for each question which best describes you.
2. Total and record your score when you have completed each of the 10 questions.
3. Using the SCORE chart, record your mindset

SCORE CHART

- 22-30 = Strong Growth Mindset**
17-21 = Growth with some Fixed ideas
11-16 = Fixed with some growth ideas
0-10 = Strong fixed mindset

Strongly Agree Agree Disagree Strongly Disagree

Your intelligence is something very basic about you that you can't change very much	0	1	2	3
No matter how much intelligence you have, you can always change it quite a bit	3	2	1	0
Only a few people will be truly good at sports, you have to be born with the ability	0	1	2	3
The harder you work at something, the better you will be	3	2	1	0
I often get angry when I get feedback about my performance	0	1	2	3
I appreciate when people, parents, coaches or teachers give me feedback about my performance	3	2	1	0
Truly smart people do not need to try hard	0	1	2	3
You can always change how intelligent you are	3	2	1	0
You are a certain kind of person and there is not much that can be done to really change that	0	1	2	3
An important reason why I do my school work is that I enjoy learning new things	3	2	1	0

SCORE: _____

MINDSET: _____

How to Develop Growth Mindset

Now that you know what type of mindset you have, let's work to help it grow! Below are 10 ways to help develop a healthy growth mindset.

1. Identify your mindset.

- a. By considering how you currently approach challenges, either at work or in education, you can determine your current mindset. Look at your own improvements.

2. Look at your own improvements.

- a. Think about something that you're better at now than you were in the past? What did you previously find difficult? Why does it feel easier now? And how did you achieve such a change?

3. Review the success of others.

- a. Try to think about something that you've seen someone else do against the odds. Think about how they achieved their success and what this says about their ability to develop their capabilities.

4. Seek feedback.

- a. Whether you've been successful in a project or not, seeking feedback from others is a good way to develop a growth mindset.

5. Harness the power of "yet"!

- a. Essentially, this part of a fixed mindset is about realizing that there will be skills or subjects that you're not good at yet.

6. Learn something new.

- a. Try to learn a new skill.

7. Make mistakes.

- a. It is okay to make mistakes. It is what we do with these lessons that make the difference.

8. Be kind to yourself.

- a. Remember you are trying - be kind to you!

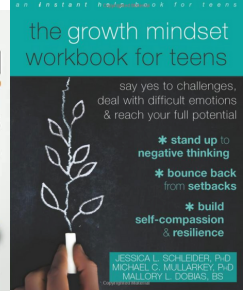
9. Look at examples.

- a. Educate yourself by looking to others for examples and personal stories. We can learn from each others mistakes as well as our own.

10. Set realistic goals.

- a. Set clear and concise goals. Work hard to achieve them!

Books on Growth Mindset



Apps to Develop A Healthy Mindset



MindShift

MindShift app is based on to help young adults cope with anxiety, by acting as a portable coach that guides users through challenging situations.



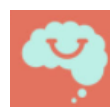
Headspace

Guided Meditations and Mindfulness takes a calm, relaxed approach to bringing calm relaxation into the lives of adults and kids. Headspace app, aims to keep children "calm and focused" through short meditation exercises.



Calm

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.



Smiling Mind

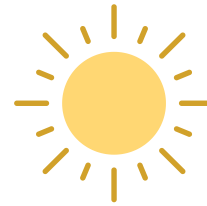
Smiling Mind is designed to help people pressure, stress, and challenges of daily life.

Summer Counseling with Mrs. Huff

Just because school is out for the summer, does not mean out mental health should take a holiday as well. Mrs. Huff will be offering individual and group counseling over the summer. Please keep an eye out for the sign-up form this month.

Please note the following:

- All sessions will be 1 hour long (group or individual).
- You are responsible for dropping off and picking up your student.
- Sessions will run for 6-to-8 weeks.
- Student cannot participate without returned consent form.
- Spots are limited!



Take A Paws Between PSSA's with Finn

Finn took time with our students in the Elementary/Middle School to offer a break between standardized testing. These lessons offered an educational lesson on how students can combat test anxiety, in addition to offering time to cool down with a mindfulness activity.



Individual Counseling

If your student is in need of direct service, please contact Mrs. Huff or Miss. Synoski to further discuss individual session.

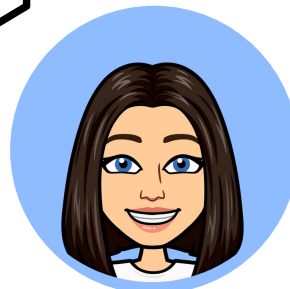
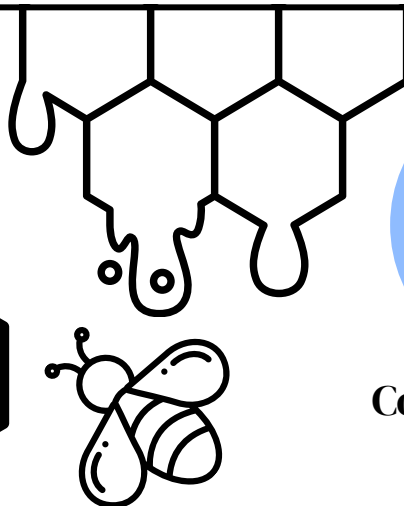
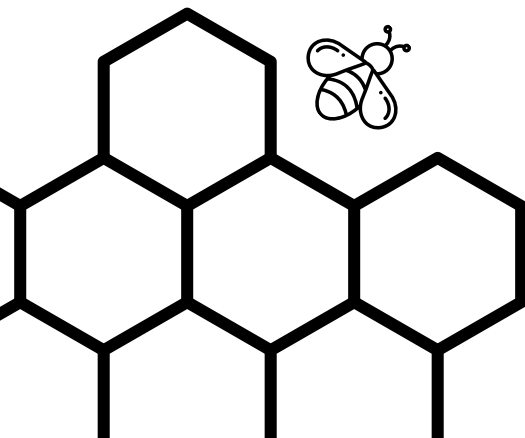
Group Counseling

Our groups have come to an end for the school year! Looking back on the year, we ran groups for grades K-8 including topics such as:

- Coping Skills
- Anxiety and Mindfulness
- Motivation and Goal Setting
- Self-Control
- many more!

Minute of Mindfulness

Color while taking time to reflect!



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