

Shifting Our Language To Develop "I Can Do This" Mindsets

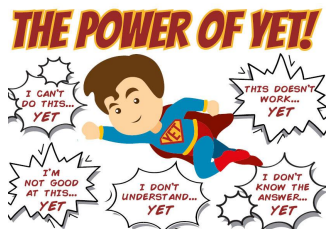
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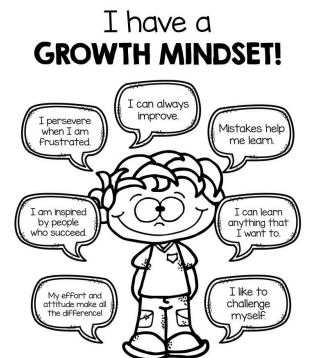
The language we *intentionally* and *unintentionally* use with our children

has profound
they view
act.

effects on the way
themselves and



FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> SOMETHING YOU'RE BORN WITH FIXED 	SKILLS	<ul style="list-style-type: none"> COME FROM HARD WORK. CAN ALWAYS IMPROVE
<ul style="list-style-type: none"> SOMETHING TO AVOID COULD REVEAL LACK OF SKILL TEND TO GIVE UP EASILY 	CHALLENGES	<ul style="list-style-type: none"> SHOULD BE EMBRACED AN OPPORTUNITY TO GROW. MORE PERSISTANT
<ul style="list-style-type: none"> UNNECESSARY SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH 	EFFORT	<ul style="list-style-type: none"> ESSENTIAL A PATH TO MASTERY
<ul style="list-style-type: none"> GET DEFENSIVE TAKE IT PERSONAL 	FEEDBACK	<ul style="list-style-type: none"> USEFUL SOMETHING TO LEARN FROM IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none"> BLAME OTHERS GET DISCOURAGED 	SETBACKS	<ul style="list-style-type: none"> USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.



“How” - Carol Dweck’s research about the impacts of praise on children’s development.

Fixed Mindset: A belief system that suggests that a person has a predetermined amount of intelligence (ability). Praising a child’s ability or intelligence reinforces a fixed mindset.

Growth Mindset: A belief system that suggests that one’s intelligence can be grown or developed with with persistence, effort, and a focus on learning. Focus and praise on the strategy and process the child used that was successful. (Dweck, 2006)

“Yet” - The word ‘yet’ gives us hope and possibility - a learning curve - a path into the future. Children’s abilities can be developed and they learn from their experiences. We can help by reflecting on children’s growth and change over time. We can build the bridge to yet.... By praising wisely - the process that kids engage in...their effort, strategies, their focus, perseverance, improvement. This type of praise helps to raise more resilient children. (Dweck)

“With” - “Challenging children respond best when we are exquisitely careful to use affectionate and hopeful language as we guide their behaviours. They learn best when we remain calm and in control and gently guide and support them to do their best.” (Bilmes) Try saying, “Come....let’s do it together.” Our goal as parents and teachers is to guide children towards positive behaviours.

“Thank you” - “When a child hears one of his or her virtues acknowledged, it awakens their awareness that they actually have this virtue, that acting on it is a choice, and that they can choose to practice this virtue in other situations” (Popov) Name the virtue you want to reinforce. “Thank you for listening. That shows you care.”

References:

- Bilmes (2012) *Beyond Behaviour Management: Six Life Skills Children Need*
- Coloroso (2006) *Just Because it’s Not Wrong Doesn’t Make it Right*
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- Kohn (1999) *Punished by Rewards*
- Pink (2011) *Drive & The Puzzle of Motivation TED Talk*
- Popov (1997) *The Family Virtues Guide: Simple Ways to Bring Out the Best in Our Children and Ourselves*
- Shanker (2017) *Self-Reg* www.self-reg.ca