

Boost success by promoting a growth mindset

School is filled with challenges—and your child’s success depends on how she responds to those challenges. Encourage her to develop what researchers call a growth mindset.

A growth mindset determines how kids think about problems. Suppose, for example, your child is having trouble finding the answer to a math problem. Some kids would throw up their hands and say, “I’m not good at math”—and quit trying. But other kids would take another view. “This is a challenge and I love a challenge.”

Children in the second group have a growth mindset. They believe that even if they can’t do something now, they will be able to learn it in the future. They’re more likely to stick with the problem—and solve it.

You can encourage this mindset by praising your child’s effort. “That project was challenging, but you stuck with it and finished it!”

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