



## Home Connection

### Growth Mindset

Dear \_\_\_\_\_,

I'm excited to share that your student has been learning about the concepts of fixed and growth mindsets, developed by psychologist Carol Dweck. A fixed mindset is the belief that our intelligence and abilities are inherited and unchangeable. In contrast, a growth mindset is the belief that we can develop our skills and qualities through hard work and effort. People with a growth mindset see failure and challenges as opportunities to learn and improve, while those with a fixed mindset may believe they cannot change their weaknesses.

Research shows that having a growth mindset can help in many ways. Students with a growth mindset tend to reach their goals, have lower levels of stress, report higher levels of motivation, and perform better than those with a fixed mindset.

In class, we discussed how adopting a growth mindset can lead to greater success in school and life. Students learned that mental exercise can actually make their brains grow smarter, much like physical exercise strengthens muscles.

Please discuss this question with your student: How could having a growth mindset help you in school? Can you think of a time when you faced a challenge and learned from it? This will help reinforce their understanding of the growth mindset and encourage them to apply it in their daily lives.

Please do not hesitate to reach out with any questions or concerns.

Best,

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