

What is a Growth Mindset?

Fixed Mindset		Growth Mindset
intelligence is static		intelligence is developing
• Challenges ... avoid		• Challenges ... embraces
• Obstacles ... give up		• Obstacles ... fortitude
• Effort ... no point		• Effort ... work hard
• Criticism ... deflect		• Criticism ... learns
• Success of others ... feel threatened		• Success of others ... celebrates

Skype with the Author

March 4 at 5:30p.m. at the Lyman Hall AgEd Center the public is invited to a Skype discussion with Mindset author Carol Dweck.

Build Community Core Values

March 20 at 5:30 p.m. at the Lyman Hall AgEd building, Al Terzi will facilitate a discussion with the public to determine community and school core values.

Adult Mindset Book Discussion

March 21 at 7:00p.m. there will be a public book discussion on Mindset at the Wallingford Public Library.

WECARE Workshop

March 27 at 6:30p.m. the Wallingford Early Childhood Alliance Resource and Education will offer a workshop for parents at the Wallingford Public Library at 6:30 p.m.

Books That Support a Growth Mindset

Little Engine That Could by Watty Piper
The classic tale of the little engine that succeeds when he thinks he can.

Salt in His Shoes: Michael Jordan in Pursuit of a Dream by Roslyn Jordan
Because Michael Jordan is smaller than the others he needs to prove that size doesn't matter as much as hard work.

Esperanza Rising by Pam Munoz Ryan
Esperanza and her mother find themselves in labor camps during the Great Depression after a life of wealth and privilege in Mexico.

Hatchet by Gary Paulsen
Most survival stories are about perseverance in the face of great odds and this is one of the best.

For additional recommended titles, please see the Library's *Mindset* book displays.

How Can Businesses and the Community Help?

One of the most significant reasons that students drop out of school is because they do not feel connected to school or motivated to learn. To build more connections for our students to the community we need more mentors and apprenticeships for our students. If you are interested, please contact the Innovation Team through the school website.

Community businesses and organizations can also show their support by displaying the **Wallingford 100** sign and by building a growth mindset.



Changing Mindset with 100% Community Support for 100% Engaged Students and 100% Graduation

For more information, visit:

www.wallingford.k12.ct.us/21stcenturyinnovationproject

“Becoming is better than being”

— Carol S. Dweck, *Mindset: The New Psychology of Success*

Wallingford 100

Parents, members of the Wallingford community, and local businesses are being invited to participate in a great new project, **Wallingford 100**, that is committed to achieving a 100% graduation rate with all students being engaged and empowered.

The first step in this process will be to establish a growth mindset throughout the Wallingford community. This innovative program is being administered by a team of Wallingford educators known as the 21st Century Innovation Team who have been working on ways to engage the community in this effort.

Why?

Raising graduation rates would save tax payers money, expand tax revenue, reduce crime and improve citizenship.

How?

To build this belief system, we are asking the community to **read the book, Mindset, by Carol Dweck**. Already 1,000 copies of the book have been distributed to the public school staff, Board of Education, Town Council, Mayor, community leaders, and the public library. This summer these books will be read by high school students.

What is Mindset, and why is it important?

Mindset is a simple idea discovered by world-renowned Stanford University psychologist, Carol Dweck, in decades of research on achievement and success—a simple idea that makes all the difference.

Dr. Dweck realized that there are two mindsets: a fixed mindset and a growth mindset. In a fixed mindset, people believe their basic qualities, like their intelligence or talent do not change.

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.

Research shows that people with this view reach higher levels of success than people with fixed mindset beliefs.

A limited number of copies of Carol Dweck’s *Mindset* are available at the Library for circulation. Reserve your copy today!

How can you support a growth mindset in your children?

The most important thing you can do to help your child instill a growth mindset is to praise them for effort rather than for talent.

Fixed mindset praise:

- You learned that so quickly!
- You’re so smart!”

Growth mindset praise:

- I like the way you approached that problem.
- Good job, hang in there and find a different strategy that did work.
- Sorry, that seemed to be too easy for you, let’s do something more challenging.

Growth mindset praise encourages effort which improves student engagement and motivation.

Where can I learn more?

1. Visit the Mindset website, <http://mindsetonline.com/>
2. Read Dr. Carol Dweck’s book *Mindset*
3. Visit the Brainology website: <http://www.brainology.us/>