

# THRIVING FAMILIES ALLIANCE



## Growth Mindset

Carol Dweck has been studying Growth Mindset for more than twenty years. Dweck's research has shown that mindset plays a significant role in whether one is successful or not. This research points to two types of mindsets: fixed and growth. A fixed mindset is believing your qualities, such as intelligence, are not changeable. A growth mindset is thinking qualities are changeable, and with hard work and effort, you can do so. Dweck has found a growth mindset to be a link to success in several areas of life.



It is essential to help children build a growth mindset. With a growth mindset, children see failure as an opportunity to learn rather than a setback. We want to create environments where children feel comfortable taking on challenges and risks. We, of course, want children to believe their potential is limitless, but they must also understand that effort is required.

There are many benefits of having a growth mindset. Increased motivation, resilience, creativity, problem-solving skills, and self-confidence are outcomes of a growth mindset. A growth mindset often leads to goal higher goal achievement. People with this mindset see mistakes and failures as learning and growth opportunities. The helpful acronym of FAIL is the First Attempt In Learning. Adults can help children recognize failure as an opportunity for growth rather than tying that failure to their self-worth or abilities. Success is rarely found on the first try, but there is always something to be learned from the experience.

As caregivers or community members who work with children, we want to foster an environment that builds a growth mindset. This can be done by modeling a growth mindset. When children see adults take on challenges, handle failures with a learning attitude, and put forth the effort to overcome obstacles, they are more likely to strive for a like mindset. It is crucial to help children feel safe to make mistakes without fear of being ridiculed. Being aware of our language around children is also essential, as well as priding ourselves in effort and progress instead of the end product. This being said, it is vital to not focus on giving positive praise for the end result, but to give praise for the effort, hard work, and progress. Begin to celebrate mistakes and talk about what can be done differently next time.

Having a growth mindset is an excellent pathway to success. People with this mindset are great contributors to building resilient communities as well. There are many benefits to having a growth mindset and several strategies to help develop this mindset in yourself and the children in our community. What can you do to help develop a growth mindset in the children you work with?



## Carol Dweck: A Summary of Growth and Fixed Mindsets

There are two main mindsets we can navigate life with: growth and fixed. Having a growth mindset is essential for success. In this post, we explore how to develop the right mindset for improving your intelligence.

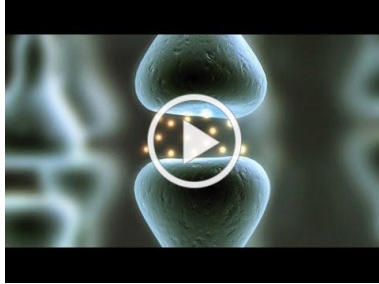
Carol Dweck studies human motivation. She spends her days diving into why people succeed (or don't) and what's within our control to foster success. Her theory of the two mindsets and the difference they make in outcomes is incredibly powerful.

As she describes it: "My work bridges developmental psychology, social psychology, and personality psychology, and examines the self-conceptions (or mindsets) people use to structure the self and guide their behavior. My research looks at the origins of these mindsets, their role in motivation and self-regulation, and their impact on achievement and interpersonal processes."

[Learn more from Carol Dweck here](#)

# The Power of Believing that You Can Improve

## The Power of Believing that You Can Improve



Carol Dweck researches "growth mindset" — the idea that we can grow our brain's capacity to learn and to solve problems. In this talk, she describes two ways to think about a problem that's slightly too hard for you to solve. Are you not smart enough to solve it ... or have you just not solved it yet? A great introduction to this influential field.

## Professional Development & Training Opportunities

Upcoming learning opportunities offered by our partners

December

**14**

Thursday

### Understanding Oppositional Defiant Disorder

It's not unusual for children and teenagers to be defiant, and to question authority on occasion. Discuss how disordered behavior is distinguished from typical child development and explore the diagnostic criteria, causes, and treatment of oppositional defiant disorder in this one-hour seminar with a licensed therapist. [To register](#)

January

**9**

Tuesday

### Overview of the Protective Factors

The Strengthening Families Protective Factors Framework™ is an evidence-informed tool for strengthening families and reducing the likelihood of child abuse and neglect. The framework helps professionals work with children and families to promote the optimal development of all children while protecting vulnerable children from maltreatment. [To register](#)

January

**15**

Monday

### Calm Down: Understanding Basics to De-escalate Situations

A client in a heightened state can exhibit challenging behaviors while also being a safety risk for those around them. This course will help you start to understand behaviors that may lead to a heightened state as well as learning to identify situations that may lead to de-escalation. Participants will learn to identify reactions to keep calm and remove oneself from a situation to maintain safety for all. [To register](#)

January

**18**

Thursday

### Building Community

This workshop introduces methods for building supportive, youth-centered relationships and prepares participants to ask effective questions, listen actively to youth, and encourage young people by tapping their intrinsic motivation. [To register](#)

January

**26**

Friday

### Reclaiming Your Why

In this immersive 4-hour experience, we delve into the essence of your professional journey, equipping you with techniques to overcome challenges that might obscure your initial passion. Through artistic practices, thoughtful journaling, and collaborative discussions, you will reclaim your "why," and craft practical self-care strategies that will reignite your fervor for making a lasting impact in the realm of helping professions. [To register](#)



[Learn More](#)

### Program Spotlight:

#### Omaha / Council Bluffs Bridges Out of Poverty

At Omaha Bridges, the mission is defeating poverty—period. They believe the most empowering and effective way to do this is to not merely give people fish— but teach them how to fish! Do you know someone who is constantly struggling to make ends meet, living paycheck to paycheck, and cannot see a way out, their ten-week *Getting Ahead in a Just-Gettin'-By World* workshop is for them! Classes are forming in Council Bluffs in partnership with [Habitat for Humanity](#), [Centro Latino \(Spanish class\)](#), and [AllCare Health Center](#).

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Empowering a caring community that promises the well-being of every child.

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