



One Liners You Can Use With Parents

I'm really impressed with how hard ___ has been trying.

The above language motivates a growth mindset. In it, you aren't praising the outcome. You are praising the effort. In a study, Carol Dweck took two groups of students to study the effect of praise. With both groups she gave them a simple test. Afterwards, she told one group that they did really well on a test. In another group, she praised the kids for working hard. Then, she told both groups that they could take another test; this time the test would be harder, but they could really learn from the experience. Or, they could retake the simpler test. The majority of students in the group that were praised for the outcome chose to take the simpler test. 90% of the students in the second group, the ones praised for trying, opted for the more difficult test. And, they reflected that they enjoyed the difficult test more.

___ is really having fun with her reading.

Kids whose parents focus more on achievement (grades, winning, etc.) have a much higher rate of depression in their future than those who don't. Help flip fixed mindset by praising the process, not the outcome. Focusing on the process instead of the achievement doesn't mean that the young person is going to be less successful. In fact, effort leads to greater success. Performance typically gets better when you switch a young person's thinking to growth mindset. For instance, Sebastian has come up with a system where he uses a zillion sticky notes to track his thinking and he's really into it. Instead of praising him for the quantity, praise him for the emotion that he's experiencing as he loves reading.

I'm thrilled to see ___ trying new things and taking a risk.

It's just like the zone of proximal development. Help lead a young person's development out of their comfort zone. You can help students in your classroom take risks by giving them small, achievable goals. For instance, Tracy chooses realistic fiction habitually. Give her the goal of trying something totally different like manga. Call home to praise that risk.