



# Conversation Starters to Foster Growth Mindset

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Research shows that intellectual abilities can improve with a growth mindset. Foster a growth mindset by teaching the importance of hard work and effort, and affirming that failure is constructive and facilitates learning and growth. Here are a few conversation starters that promote a growth mindset.

*When your child does poorly on an exam, it is important that you do not pity or shame for their failures.*

## **Rather Than Saying:**

"It's okay. You're just not good at math."

"Why did you fail the exam? You should be getting good grades!"

"It's your fault for not studying hard enough."

## **Try Saying:**

"It's okay to fail on an exam. You can learn from this experience to do better next time."

"Grades are not the most important things. What's important is that you learn from your experience."

"What did you learn from doing poorly on this exam? How will this experience help you during your next exam?"





*When your child does poorly on an exam, it is important to focus on the process, strategies, and efforts that they are engaged in. This can help your child understand their studying methods and grades can be improved with effort.*

### **Start By Asking:**

“How did you study for this exam? Was this method of studying helpful?”

“Did you learn the material by studying this way? What are some other ways you can learn this material?”

“Did you understand the questions on the exam? Do you feel supported at school and at home when you don’t understand a topic?”

*You can always change how intelligent you are!*

