



# Growth Thinking and Self-Worth

Parents may not realize that the messages they send about confidence and well-being affect youth. Make a plan to change your feedback language and self-talk on behalf of yourself and your children.

## Understand the Difference Between Fixed and Growth Thinking

### *Fixed Thinking*

- Everyone is born with a certain amount of skill and intelligence and nothing can change that.

### *Growth Thinking*

- With practice, effort, the right tools, and help, anyone can get better at any skill and build their intelligence.

## Understand How the Brain Learns and Teach Youth

- *Neuroplasticity* is the idea that the brain is like plastic, because the things we experience change its structure and the way it works.
- When young people understand that their brain changes each time they learn something new and that practicing something over and over helps their brains remember a skill, they will have more responsibility and agency over their learning and risk taking.

## Teach Young People the Steps to Mastering a New Skill

- Learn from “the experts,” who may be parents, teachers, authors, peers.
- Put in effort.
- Ask for help or try a new way when you get frustrated.
- Practice, practice, practice.

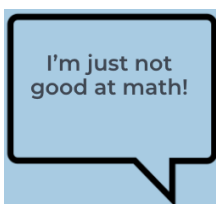
## Help Youth Recognize that Failure is Good and Help Them Process Failures

- Listen to their feelings.
- Remind them that everyone makes mistakes.
- Tell stories about how you have learned from failure.
- Make a plan to try again.

## Notice Your Self-Talk and Feedback Style

Tame your inner critic and help youth recognize and tame theirs, too.

*Instead of...*



*Try...*

