



## Use Effective Feedback to Support Courage and Confidence

Gifted students sometimes hold a “fixed mindset,” which may hold them back from trying new things or reaching their full potential. They may believe they should only do things at which they are excellent. The way families and educators give feedback can reinforce a frame of mind that supports those limiting beliefs or gives them the confidence to try new experiences.

### 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.

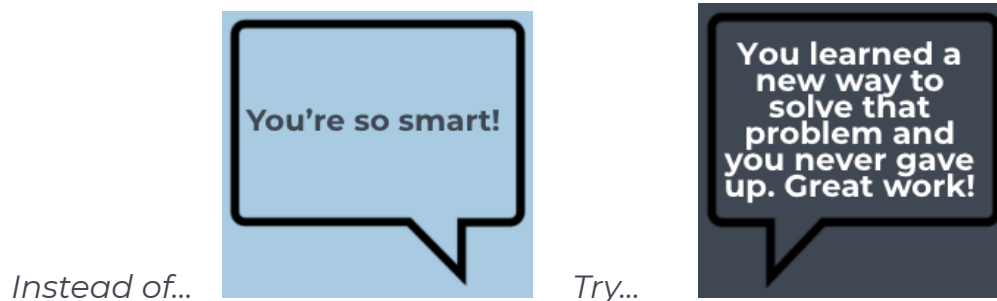
#### *Growth Thinking*

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

### Understand that Confidence is a Skill Youth Can Learn from Us

- Youth look to the adults and peers they spend time with to figure out how confident to feel taking new risks.
- The way you respond to fear/novelty can be absorbed and imitated by your children.
- You can help your children learn how to build confidence by changing the way you give feedback and helping them give positive feedback to themselves.

### Use Feedback that Builds Confidence and Courage



- Focus on the process—not the product.
- Praise effort, strategies, and creativity—not the end result.
- Remind youth of their progress.
- Use failure as a growth and learning opportunity.

