



What's my kid's mindset?

Before you can help a kid shift toward a **growth mindset**, you need to understand their mindset in different situations. Use this chart to evaluate your kid's mindset when they do something they enjoy and something they struggle to accomplish. Once you compare the outcomes, you can build a strategy to foster a growth mindset.

	Fixed Mindset	Combination	Growth Mindset
They say things that indicate a belief that needing to try hard on something is a sign of less talent or intelligence, or that "I can't do this" is a permanent state—vs. "I can't do this yet."	Often	Sometimes	Rarely
They're easily discouraged by critical feedback, and see it as a sign of failure. They respond to critical feedback by stopping or avoiding work—rather than by taking action to improve.	Often	Sometimes	Rarely
They prefer working on easier versus harder things because it makes them feel smarter.	Often	Sometimes	Rarely
They have uneven progress in different subjects—for example they're very far behind or ahead in one subject—suggesting that they mostly work on subjects that feel easier.	Mostly True	Somewhat True	Not True