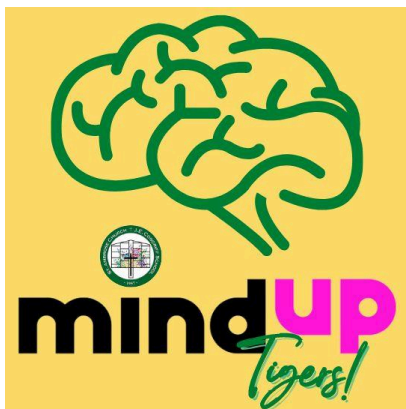


February/March Communication & MindUP for Life

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Parent Resources

Article Link:
[Carol Dweck Growth & Fixed Mindset](#)

Podcast or YouTube Recommendation:
[Developing a Growth Mindset, Carol Dweck](#)

Book Recommendation:
[Mindset: The New Psychology of Success](#)

Hello Cosgriff Families, on January 23rd the Cosgriff faculty participated in the next MindUP training, *Mindful Awareness through Senses*. Anything that comes from the outside to the inside of our brain goes through our senses. When practicing mindfulness through our senses we become more mindful overall. We become less reactive and more present. When you take time to process new input from senses it engages the prefrontal cortex and helps the brain experience a time interval between immediate reaction and conscious thinking.

Thank you, Raquel Austin, MindUP Trainer



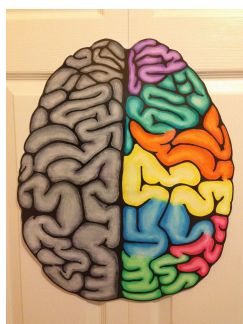
“THIS IS SOMETHING I KNOW FOR A FACT: YOU HAVE TO WORK HARDEST FOR THE THINGS YOU LOVE MOST.”

Carol S. Dweck

GROWTH MINDSET

Dr. Carol Dweck and her colleagues at Stanford University studied the mindsets of children and then identified two different types – Growth and Fixed mindsets.

Growth mindset occurs when we believe our intelligence and abilities can be improved upon with effort and the right strategies. A willingness to confront challenges, a passion for learning and viewing failure as a springboard for growth are all characteristics associated with a growth mindset. Not surprisingly, this type of mindset is strongly linked to greater happiness and achievement in life. In contrast, those with a fixed mindset believe their intelligence and abilities cannot be altered in a meaningful way. As a result, mistakes are often seen as failures rather than opportunities to grow and learn. When stuck in a fixed mindset, we may fear new experiences, avoid risks, and feel the need to repeatedly prove ourselves over and over



GROWTH MINDSET & MINDUP

With MindUP children of all ages learn about their brain and how it works. MindUP is a program based on neuroscience research. Students learn how their brains function. It also teaches children the skills and knowledge they need to regulate their stress and emotions, form positive relationships, and act with kindness and compassion. Having a growth mindset helps students to achieve more resilience, value practice and helps them to not be afraid of a challenge. Research shows having a growth mindset can improve children's progress and attainment. With MindUP we are teaching our students that they can grow their brains and mindset.



“THE HALLMARK OF SUCCESSFUL PEOPLE IS THAT THEY ARE ALWAYS STRETCHING THEMSELVES TO LEARN NEW THINGS.”

Carol S. Dweck

Summary of Dweck's Mindset

Fixed vs Growth

ability is static	ability is developed
avoids challenges	embraces challenges
gives up easily	persists in obstacles
sees effort as fruitless	sees effort as necessary
ignores useful criticism	learns from criticism
threatened by others	inspired by others' success