



High School

Home Connection

Growth Mindset

Dear _____,

Today in class, we discussed the concept of growth and fixed mindsets. A **growth mindset** believes we can develop skills and qualities through hard work and effort. While a **fixed mindset** is believing that we inherit our intelligence and abilities, there's nothing we can do to change how smart, creative, or athletic we are.

Please encourage your student to share the mindset survey with family members and help them identify their mindset. You can also share the family resources from Mindset Works: <https://www.mindsetworks.com/parents/growth-mindset-parenting> to help instill a growth mindset at home.

Please do not hesitate to reach out with any questions or concerns.

Best,
