

Coaching Your Son for a Growth Mindset

The following ten questions are perfect for car-ride conversations and dinner-table discussions, particularly those centered on schoolwork and homework. Using these will help you encourage your son to develop a growth mindset.

1. What did you learn from today's game (or performance, practice, etc.)?
2. How did you keep going when things got tough?
3. Are you finished? Have you put in the effort it will take to achieve a result you are proud of?
4. Do you feel stuck? We all do sometimes. What can you try next? What are some different strategies you could use?
5. Something went wrong? That's actually okay! How can you use this mistake to improve your design?
6. What do you imagine doing differently next time?
7. Not happy with your work? Don't stress. Whom can you seek feedback from to make it better?
8. Finding _____ tricky? Good! What will you practice to improve?
9. Not feeling like you are the best? Brilliant! Whom can you learn from?
10. Don't know what to do? Terrific! How will you tackle this challenge?

*For a printable version please visit
www.monicaswanson.com/growth-mindset.*