

May 4, 2020

Maintaining a Positive Growth Mindset

Dear OLTC School Community:

Under the umbrella of traditional classroom instruction is the term – “distance learning.” A term that we have all been recently exploring together. In times like these, working together to maintain a positive growth mindset is of the greatest importance.

A positive growth mindset encompasses the belief that we can grow from our talents and abilities with determination. Individuals with a positive growth mindset put forth the effort necessary for triumph, embrace challenges, learn from criticism, and persevere in the face of setbacks. Moreover, practicing a positive growth mindset is like having a compass which points to the "next step" when invariable mistakes and missteps happen. Instead of giving up, having a positive growth mindset inspires us to get up, get creative, get to Plan-B (or C or D), get moving and get growing.

Research tells us that cultivating a positive growth mindset is the surest path to developing the kind of positive self-talk which is foundational for self-efficacy and a strong internal locus of control. However, whether or not we have a positive growth mindset is not always set in stone. In fact, we all have a mix of mindsets that change based on our experiences and the feedback we receive. Therefore, establishing a positive growth mindset is an ongoing process. As a result, finding new ways to approach tasks is valuable in helping each other learn and move forward.

In conclusion, following a positive growth mindset means keeping an open-mind. It means taking feedback, learning from experience and coming up with strategies for improving. Overall, it is believing that even if we do not first succeed or grasp something, we can still prosper. Together, we can reframe how we tackle challenges; putting us on the track to success, motivation and productivity.

To further investigate maintaining a positive growth mindset, please take a look at the article provided below:

“15 Ways to Build a Growth Mindset”

<https://www.psychologytoday.com/us/blog/click-here-happiness/201904/15-ways-build-growth-mindset>

Furthermore, please see below a list of 25 helpful ways to build a positive growth mindset.

Be well.

Kindest Regards,

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