Resilience

The ability to tackle adversity and emerge stronger than before
Grit

Passion and perseverance for long term goals

• Sustain interest and effort
• Persist and persevere when you face challenges for things you are passionate about

Grit is living life like a marathon, not a sprint

Angela Duckworth
Growth Mindset

Belief that most basic abilities including intelligence can be developed through dedication and hard work.
How do I build resiliency through creative academic problem solving?
Start building skills outside of academic problem solving
FIND AT LEAST ONE EXTRACURRICULAR ACTIVITY FOR YOUR CHILD TO PURSUE LONG TERM
SHARE STORIES OF PEOPLE WHO PERSEVERED

- 5,127 = Number of failed, vacuum prototypes created by James Dyson
- 10,000 = Number of failed attempts by Thomas Edison to create the electric lightbulb
Build a Growth Mindset

Help
- Help children understand that the brain works like a muscle

Avoid
- Avoid telling your child that he/she is "smart."
  - Be specific with praise

Praise
- Praise the process—effort, hard work, creative problem solving

Encourage
- Encourage a healthy attitude to failure and challenge

Use
- Use the word “yet”
Read & Discuss Books about Growth Mindset & Creative Problem Solving

- *Your Fantastic Elastic Brain: Stretch It, Shape It* by JoAnn Deak, Ph.D
- *Bubble Gum Brain* by Julia Cook
- *The Most Magnificent Thing* by Ashley Spires
- *Beautiful Oops!* by Barney Saltzberg
ALLOW YOUR CHILD TO STRUGGLE AND TAKE RISKS
Encourage and Praise Creative Problem Solving

- Allow your child to struggle with support
- Encourage him/her to think or try other options
- Praise effort and attempts at choosing other solutions
- Provide guidance as needed
- Stay calm and offer breaks as needed
Questions that Reflect on Growth & Creative Problem Solving

1. What did you learn from this task? In what way was it difficult?
2. Did you make any mistakes? What did you learn from them?
3. If you had to start all over again, what would you do differently?
4. What advice would you give another child just starting this task?

- Carol Dweck (2015)
Recommended Books

- *Mindset: The New Psychology of Success* by Carol Dweck
- *The Power of Showing Up* by Daniel Siegel and Tina Payne Bryson
- *Grit* by Angela Duckworth