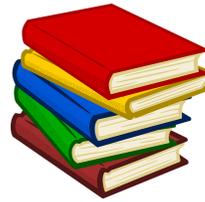




Family Reading Fun



Miriam-Webster defines persistence as the quality that allows someone to continue doing something or trying to do something even though it is difficult. Researcher, Carol Dweck, has done studies on fixed and growth mindset. Persistence is one of the stances of a growth mindset. People with a growth mindset are likely to continue to persist when they struggle. Individuals with a fixed mindset are likely to give up.

Persistence may not come naturally to all children, but it can be developed. One way to develop persistence is to praise the effort a child puts forth on a task, not the intelligence of a child. Reinforce the belief that success is developed through persistent effort.

Children also need to develop the stamina to keep going when things get tough. They need to know that struggle and failure are a normal part of life.

Persistent children will work through challenges, deal with failure and adversity and will better be able to achieve goals they set for themselves. They will take the stance that when the going gets tough, the tough get going!

Family Tips



A growth mindset is something that can be learned and developed. You can help your child develop persistence by doing the following.

- Praise the effort not the intelligence.
- Teach your child that it is okay to take a break from something that is hard or frustrating. Just be sure to come back and finish the task.
- Be model of persistence. Everyone feels like giving up sometimes. Model how to overcome adversity to still reach a goal.
- Teach positive self talk. Teach your child to say, “I know I can do this if I just keep trying.”
- Discuss the anatomy of the brain and how it is a muscle that can be strengthened. The more the brain is challenged, the stronger it gets.

Keep repeating these steps over and over and over. Your persistence will pay off!



Author Spotlight



Julia Cook

Julia Cook is a former teacher and school counselor that gets her inspiration from children and listening to parents and teachers. She is the recipient of several book awards. Her books attempt to teach readers how to become “better.” Cook’s books span a variety of topics including health issues, mental health issues, friends, communication, parents, behavior and life skills. Her book Bubble Gum Brain; Ready, Get Mindset, Grow! is about how becoming is better than being. To learn more about Julia Cook and her books go to juliacookonline.com or search Julia Cook on Amazon.

Technology Corner

There are numerous resources on the web about how to have a growth mindset. Youtube has many videos to chose from that are kid friendly. Try searching for “Growth Mindset for kids” or “Carol Dweck”.

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