

Meads Mill Counseling Minute

January, 2019

Meads Mill counselors are working to support our students, parents, and staff....

It's a New Year! Many people make a New Year's resolution or set goals for themselves that are sometimes difficult to achieve in January. We encourage students to approach 2019 with a growth mindset instead of a fixed mindset in school. Take a look below and see what could work for you:

The infographic is titled "10 Growth Mindset Statements" in a yellow banner. It is divided into two columns. The left column is headed "FIXED MINDSET" and features a silhouette of a head filled with a brick pattern. The right column is headed "GROWTH MINDSET" and features a silhouette of a head with a tree growing inside. The central text asks "What can I say to myself?" and lists 10 statements, each with a colored number. The first five statements are under "INSTEAD OF:" and the last five are under "TRY THINKING:".

10 Growth Mindset Statements

FIXED MINDSET

What can I say to myself?

INSTEAD OF:

- I'm not good at this.
- I'm awesome at this.
- I give up.
- This is too hard.
- I can't make this any better.
- I just can't do Math.
- I made a mistake.
- She's so smart. I will never be that smart.
- It's good enough.
- Plan "A" didn't work.

TRY THINKING:

- 1 What am I missing?
- 2 I'm on the right track.
- 3 I'll use some of the strategies we've learned.
- 4 This may take some time and effort.
- 5 I can always improve so I'll keep trying.
- 6 I'm going to train my brain in Math.
- 7 Mistakes help me to learn better.
- 8 I'm going to figure out how she does it.
- 9 Is it really my best work?
- 10 Good thing the alphabet has 25 more letters!

GROWTH MINDSET

Image: Taken from <http://www.mpsaz.org/kerr/staff/ansmith/growth-mindset/>

Upcoming Dates to Remember:

Monday, January 21: No School: Martin Luther King Jr. Day

Friday, January 25: Half-Day, End of Quarter 2



Mrs. Kristine Bilbie-Bekius (A-K) bilbiekr@northvilleschools.org

Mr. Jack Wickens, Jr. (L-Z) wickenja@northvilleschools.org