



Reframing for a Growth Mindset

How would you transform the statements below to promote a growth mindset?

NOTE: Keep in mind that it's natural to say neutral things like "you got it!" or "nice!" These phrases are neutral because they don't identify an action or a stable trait. Saying "good catch," on the other hand, would be considered process praise because the praise is linked to an action: catching. Saying "Nice! You're a natural," suggests their ability is a stable trait so this is not process praise.

Instead of...	I would say...	Why would this be better?
Good job! You must be smart at this!	Good job! Working hard and trying new strategies is really paying off.	Praising ability implies that "natural talent" is what leads to success. When a student encounters a setback later, they will be more likely to give up because they may come to see a setback is a sign of inability. Praising the process implies that hard work and trying new strategies is what leads to success.
Some of these problems are hard. Just do your best	Some of these problems are hard. Try them even if you think you'll get them wrong because mistakes are what help you learn. When you think hard on difficult problems, that's when you learn the most!	Just telling students to try hard doesn't help them understand why they should try hard. This reframe helps explain the mechanism—that being challenged and making mistakes is what will help them grow their abilities.
This seems too hard for you. Maybe you should work on an easier problem.		
He's a natural at math.		



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Instead of...	I would say...	Why would this be better?
I'm so proud of you for getting an A!		
You are such a good writer.		
You don't know how to do fractions, do you?		
Please revise this.		
This isn't really your strongest subject, is it?		
You made a lot of mistakes on these problems.		