Family Conversation Guide

As a GEAR UP student, your child will participate in lessons about the **FACES of GEAR UP** every year. We believe that students need to develop skills in these five areas to be ready for a happy and successful adult life. These lessons help ensure students are:

F - Financially Ready
A - Academically Prepared
C - Contextually Aware
E - Emotionally Resilient
S - Socially Connected

Each year, the lessons will help students learn about what they need to do NOW to be ready for college and career when they graduate. **Use the guide below to connect with your student about a lesson they had to help them become emotionally resilient for adulthood.**

Make Up Your Mind(set)

Developing & Practicing A Growth Mindset

What Did They Learn?



Fixed vs. Growth Mindset
A growth mindset says abilities can improve through effort, helpful strategies, practice, feedback, and support. A fixed mindset says abilities cannot change: "I'm either good at it or I'm not."

Keeping It Real
Students also learned that growth mindset does not mean pretending everything is easy. It means believing change is possible.

Putting It Into Practice
Students evaluated fixed mindset statements and changed them into growth statements. They also learned to how to think of a next step when they feel stuck.

Talk About It At Home

Use these questions to continue the conversation with your 7th grader. There are no right or wrong answers. The goal is to help your child think.

- **What is something that once felt hard but is easier for you now?**
- **Have you ever wanted to quit because something felt hard? What helped you keep going?**
- **What is something you can't do yet that you would like to improve?**

Try This At Home

YET + A NEXT STEP
When your child wants to give up, try using the "YET + A NEXT STEP" approach. Help them turn the thought into action.

Fixed: *"I'm just bad at math."*
Growth: *"I don't understand this kind of problem yet, so I'll ask my teacher to share more examples with me."*

Use this formula to shift thinking:
"I can't _____ yet."
"One next step I can take is _____."

Family Takeaway

Growth mindset is not about never feeling frustrated. It is about what you choose to think and do next. Not yet - but not *never*. A growth mindset doesn't come naturally to most of us. With your support, your student can develop new ways of thinking and growing.