

Mentor Meeting  
12/1/22 or 12/2/22

### Updates

- Calendar page on the website
- Computers to our HS kids – we will be handing them out on Thursday 12/8 at 1 pm
- Christmas Tree Cutting – Friday 12/9 at 1 pm
- Holiday Party – Thursday 12/15
  - Anyone wanting to carol before we will meet at the Lodge at 4:30 pm
  - Party will be at 5:30 at Circle of Friends
- Supplemental Mentor Meeting, K-6<sup>th</sup> grade – Wednesday 12/21 at 6 pm
  - This will be time to share with Shaina what you would like to work on with your kids.
- Mentor Coffee Time, Friday 12/30 at 10 am
  - We will meet at Suttle Tea
- Mentor Open House
  - 1/18/2023 at 5:30 pm

### Growth Mindset

- What is it?
  - <https://www.understood.org/en/articles/growth-mindset>
  - People who have a growth mindset believe that even if they struggle with certain skills, their abilities aren't set in stone. They think that with work, their skills can improve over time.
  - People with the opposite belief — that abilities are what they are and won't change — have a *fixed* mindset. They think their skills won't improve no matter how hard they try.
- Why is important?
  - Growth Mindset helps you overcome obstacles you may face when learning something new or developing a new skill – it helps in understanding the importance of persistence and determination.
- Carol Dweck – A Study on Praise and Mindset Video
- Discussion on How we can help teach our kids growth Mindset
  - 10 ways to develop Grow Mindset

Next Mentor Meeting: Thursday 2/2/23 at 5pm or Friday 2/3/23 at 10 am