Teachers,

I would like to invite students to participate in a small group counseling experience and would love for you to email referrals to me. The curriculum I will follow is called “Mindset Matters,” and the goal of this group will be to help students realize that they control their future. We will work on concepts such as positive self-talk, determination/grit, and understanding that we all have different paces of learning (a/k/a It’s alright it you don’t get it YET).

The concepts in this curriculum are part of a growing body of research regarding GROWTH MINDSET. I feel pretty passionate about what I have been learning and look forward to presenting it as part of the curriculum. I will introduce this to your whole classes during our lessons as well. Please take 10 minutes to watch this TED talk by Carol Dweck, a Stanford University professor who has found that when kids are taught a growth mindset, their achievement scores, grades, and self-concept go up. (She has done the research in low income schools and proven it... how cool!!)

Carol Dweck’s TED Talk
https://www.ted.com/speakers/carol_dweck

Thanks for your support!

Your school counselor