

Dear Las Lomas Families,

Today I'd like to recommend a book for you to read: *Mindset* by Carol Dweck. This book has recently influenced my perspective on student learning and achievement more than any other. Carol Dweck's *Mindset* is described on the website mindsetonline.com as follows:

“Mindset is a simple idea discovered by world-renowned Stanford University psychologist Carol Dweck in decades of research on achievement and success – a simple idea that makes all the difference.

In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success – without effort. They're wrong.

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work – brains and talent are just the starting point. This view creates a love of learning and resilience that is essential for great accomplishment.”

Children with fixed mindsets often give up when learning becomes hard. They are accustomed being told how “smart” they are, so when work is hard, they think they cannot do anything about it. Children with growth mindsets realize that they can learn, regardless of innate talent or intelligence, if they work hard and persevere.

Carol will be speaking on October 16 from 5:30pm – 7:00pm in Carrington Hall at Sequoia High School, 1201 Brewster Avenue, Redwood City, CA. I highly encourage you to attend. The event is free. To RSVP, go to <http://www.gsb.stanford.edu/exed/rwc/speakers.html>. I guarantee it will be worth your while.

Until next time,

Sue Sartor