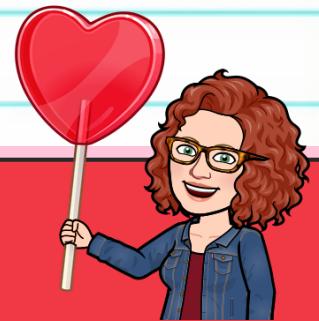




Understanding Dyslexia

NISD PARENT SUPPORT

February 2022



What is Growth Mindset?

Growth mindset is the belief that our abilities can improve through hard work. It is a way of thinking positively.

There are two types of thought associated with this principal; a growth mindset and a fixed mindset. Think of a fixed mindset as being fixed to one spot. People with a fixed mindset believe that their current abilities and failures are just how they are. They're not motivated to work through a problem and often avoid challenging activities. "I can't do it," "This is too hard," "I'm just not smart," are often things students with a fixed mindset say, but it's not their fault. They just haven't been taught the power of "yet".

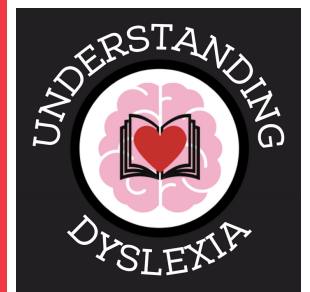
Reframing our thoughts is the way to change from a fixed mindset to a growth mindset. Instead of saying "I can't do this" we teach students to say "I can't do this YET." That simple change shifts things from feeling hopeless to realizing that you might not be able to do something now, but at some point you will

Growth mindset can help our students develop a positive self image and a belief in themselves and their abilities.

New Podcast
Episode!

Check out the
newest episode
of **Understanding
Dyslexia** where I
discuss Growth
Mindset.

[Spotify](#)
[Apple Podcast](#)
[Google Podcast](#)



Spotlight On

Carol Dweck and Growth Mindset

<https://youtu.be/hiiEeMN7vbQ>



Questions?

If you have any questions regarding dyslexia or related issues, please email them to me at the address below. I will be happy to answer your questions or point you in the right direction. I would love to do some Q & As for you all! So, send those questions in!

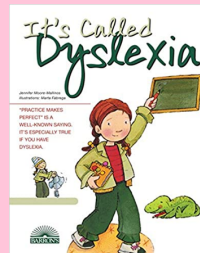


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Notable Books



"It's Called Dyslexia" is about a young girl who starts out loving school to hating it when reading becomes difficult for her. Thankfully a teacher explains she has dyslexia and helps her learn to read.

"My Name is Brain, Brian" by Jeanne Bettencourt is about a 6th-grade boy who struggles with reading and writing. His peers tease him and it seems nobody understands, until his teacher recognizes that he has dyslexia and steps in to help.

