

Finding and Giving Support for Growth

Areas for Growth:

List all of the things you need help with or want to get better at

Supporters:

Who can support you with the things you listed above? Who are "experts"?
Who are just good supporters/coaches/mentors?

Asking for Help

Choose your top "Area for Growth" from your list above and write it here:

Who can you ask for support from for this "Area for Growth"?

What: Explain exactly *what* you would want the person you listed above to do to help you.

Why: Explain why you think the person you listed above would be the best person to help you.

How: Explain *how* the person you listed above could help you (what to say, when to meet, etc.).

Supporting Others

Growth Mindset Language Sentence Stems

- “You don’t know how to . . . yet, but you will. It will just take time.”
- “You just started learning how to . . . It’s tough, but you can do it.”
- “You haven’t had enough practice with . . . yet. We just need to practice more.”
- “You haven’t been doing . . . very long. I’ve been practicing it for a long time - with more practice, you can get it, too.”

Thinking about “P-U-P”

- **It isn’t permanent.** “This kind of hurts right now, but once you get it, you will forget about that.”
- **It isn’t universal.** “This is hard, but it has nothing to do with that last time you struggled with a problem.”
- **It isn’t personal.** “This is tough for most people - there’s nothing wrong with you, and you will get it.”

Role Play

“Persistors”: Write a “script” for how you will ask your partner to support you during the “Staring Contest”

“Supporters”: Write a “script” for what you will say to support your partner during the “Staring Contest”