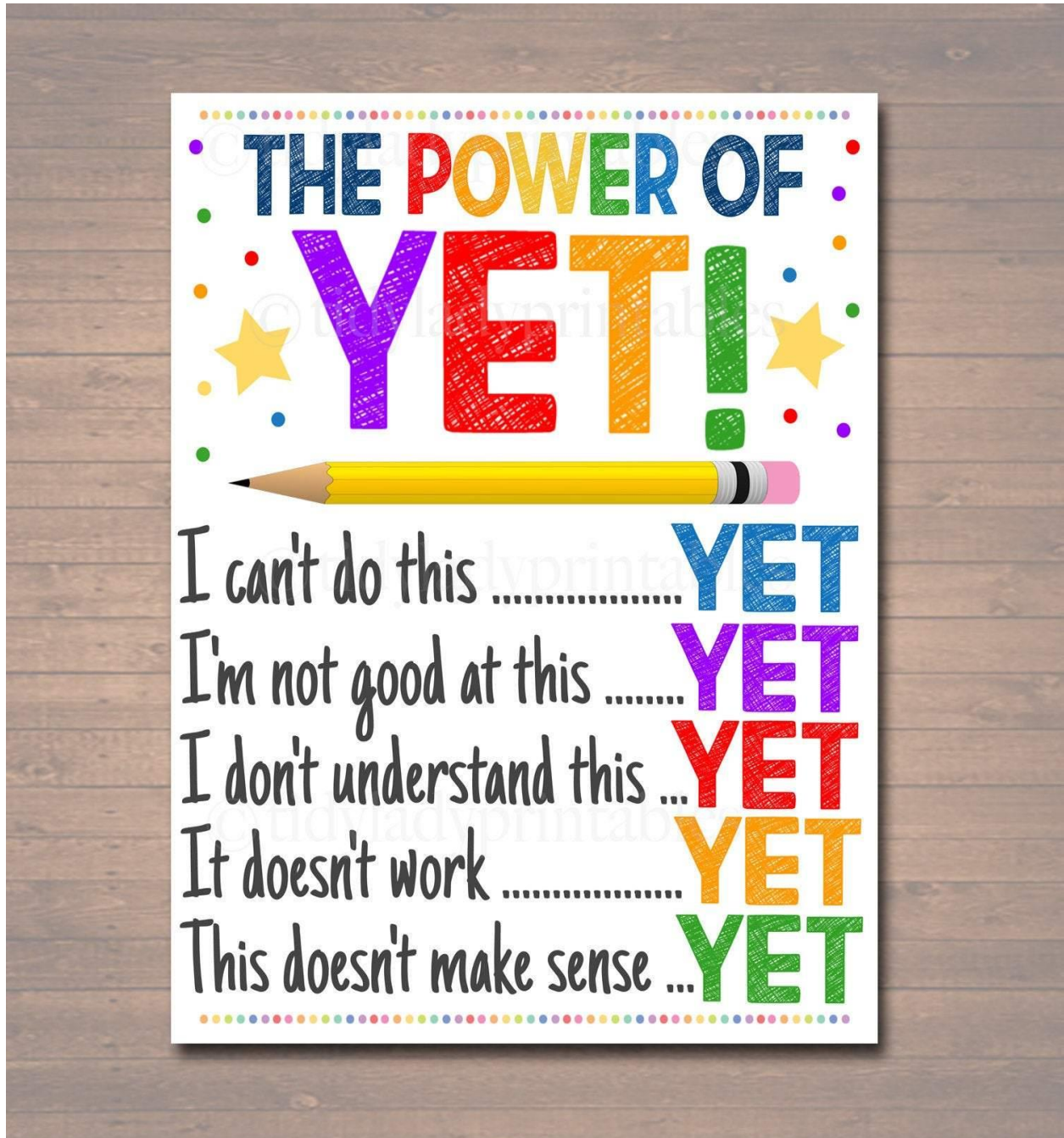


The Power of Yet and a Growth Mindset

The word “**YET**” is one quick and important way to shift focus to a growth mindset. The following “printable” is available online or maybe you want to discuss this with your kids and make your own poster.



<https://tidylady.net/products/the-power-of-yet-printable-poster-growth-mindset-instant-download-motivational-wall-art-school-office-classroom-teacher-decoration-art-6017>

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Here are two short video links to musical depictions of this concept. CJ Lucky is produced for school age kids and the Sesame Street video is for the younger set.

C.J. Luckey (@cjluckeydope) - The Power of Yet - Official Music Video - Directed by Andre Kahmeyer, <https://www.youtube.com/watch?v=J6CnrFvY94E>

Sesame Street: Janelle Monae - Power of Yet
<https://www.youtube.com/watch?v=XLeUvZvuvAs>

Try this ourselves. It can provide excellent examples AND help us maintain our own growth mindset. “Uugh! I am paying this bill late again! I hate late fees and put a reminder in my calendar, but I still let it sneak by. I have not figured out what works for me YET. I’ll have to pay the late fee and find a way to do better next time.” Sharing our mistakes and our willingness to make repeat efforts ourselves can help teach perseverance to our kids and help re-commit us to our own efforts.

Try this when we think about our own kids. “She is still so touchy” vs. “She can’t manage this frustration YET” or “He can’t take ‘no’ for an answer.” Vs. “He can’t take ‘no’ for an answer YET.” Adding the yet in our thoughts can not only make room for some compassion, in the moment, when a learning curve is taking longer. It can also give a jumping off point for curiosity. Its easier to observe an effort falling short so far, recognizing it doesn’t meet expectations YET, and allowing inquiry about why (*once things are calm, of course*). “It doesn’t seem like you are ready to take ‘no’ for an answer yet. I know hearing ‘no’ is hard and I am wondering how we can help you increase your tolerance for it.”

NOTE: If your kiddo lives with a diagnosis, like one of mine does, and if the diagnosed condition results in delays and needs for support that other kids don’t have; our kids can easily experience their diagnosis as a fixed trait and their need for support as a limitation. Focusing on their efforts, character, and progress is helpful. Sometimes though, I like to expand the power of yet by recognizing that in some situations they/we may make every effort, exercise strong character, and continue to make the progress that is within our reach and **there will be some people around us who just aren’t ready to see all that they are doing and their value as they are YET.** We have used the power of YET to focus on both self-improvement and self-advocacy.

One simple example of this for my kiddo was eye contact. During her early schooling she could not hear a word you were saying IF she was forced to make herself hold eye contact with you. We discussed this with her as:

- 1) You are not able to hold eye contact very long while speaking with someone **YET.** You are making efforts and these efforts are bringing progress. (At 19 this is still an issue in some circumstances)
- 2) Some teachers (or others) are not seeing your efforts and progress **YET.** SO, you are encouraged to self-advocate, and I am here to support you in your self advocacy with

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these teachers (or others). You can inform them of your efforts and progress with making eye contact. You can let them know that you are practicing and that you are not YET able to really hear them while making eye contact. You can collaborate with them to find something else you can do to show them you are listening.

AND

3) I will be a supporting advocate if you like.