

Where You Are

S5 Episode 4: Teaching Kids Good Habits Using Growth Mindset

00:00:05

Bryn Askwith: You are listening to Where You Are. I'm Bryn Askwith. Today we're excited to bring you an episode from Growing Up Game Plan: The Podcast, hosted by Saleema Noon. We loved listening to Saleema and her guest, Ginny talk about growth mindset. In this episode, Ginny shares four fundamental principles for nurturing a positive learning mindset and introduces a simple yet effective tool to boost children's confidence in their abilities. This one has some great takeaways, so we hope you enjoy teaching kids good habits using growth mindset. We'll be back soon with brand new episodes of Where You Are.

00:00:46

Saleema Noon: Hi there. I'm Saleema Noon. I'm a sexual health and empowerment educator based in Vancouver, Canada, and welcome to Growing Up Game Plan: The Podcast. Growing Up Game Plan is a six-week online masterclass for pre-teens on being more confident, more prepared, and less stressed as they navigate life. We created this podcast to support you parents to do the same. You're in the right place if you want to understand what pre-teens struggle with, you want to be proactive and stay one step ahead of teen angst, you want to have or keep having meaningful conversations with your pre-teen about growing up, and you're looking for concrete, easy-to-implement tips on what to say and do. We don't have all the answers, but we want to support you in all of these goals. Parenting pre-teens is no joke, and sometimes you just got a call in for backup. That's us. So let's do this.

Hello parents. Saleema Noon here. I am so excited to introduce you to my guest today. I'm having a conversation with Ginny Chiu, teacher and parent, and we're going to talk about how we can teach our kids about growth mindset, how we can support them to set goals, create routines, be organized, have balance in life, all those things that we want too. Good morning, Ginny.

00:02:12

Ginny Chiu: Good morning, Saleema. How are you?

00:02:14

Saleema Noon: I'm fine. Thank you so much for joining me today. Maybe we can start by asking you to tell listeners just a bit about who you are and what you do. What brought you here?

00:02:27

Ginny Chiu: Hello everyone. My name is Ginny Chiu and I've been a teacher, tutor, educator for about 20 years now. I started with my Bachelor of Education in UBC and I specialized in the middle years program and my concentration was also in English. So having that diverse

background, I was able to teach middle years. I was also able to jump into high school and teach high school English. And throughout my career I've pivoted to different areas of education. I've also taught adult education. I worked with English as second language learners and I also became a workplace educator where I was working with adults out in the workforce and in the trades to develop their reading, writing, and communication skills. So having dabbled in all those areas, I've noticed there's a little bit of a disconnect between adult learners and students in school in K-12.

With adult learners, there's quite a different mindset when it comes to learning. They want to be there and they want to learn. Whereas if you think about the kids in school, and I'm not saying all of them, but a lot of them are a little bit more reluctant about studying and wanting to learn and set goals. And I thought, you know what? I think the kids in K-12 need to have this mindset when they're in school because it'll help them so much more with their learning and their motivation. And this is what brought me here to set up this company called Ready to Set Goals. And basically it's to guide and teach students to develop that mindset and form habits to achieve and be successful. And that's why I'm here.

I'm also here because I'm a big fan of you and I love the work that you do, and I want to be basically just like you in how you support families and students to bring awareness about sexual health. So I'm here to bring awareness to families and students to foster a mindset to set goals and love learning.

00:04:17

Saleema Noon: Well, thank you, Ginny. And you know what? I think what you teach students and how you support parents is so important because as parents, we want to teach our kids so many different things to have good habits in life, but it's so hard to do that without coming across as nagging. Let's face it, after a certain point, they just shut us off, don't they?

00:04:38

Ginny Chiu: Exactly. And no matter how great your advice is and how wonderful you approach them, the first bit, it sounds great, but after a while when they don't do it, it is nagging. Turning my hat, being a parent myself. I have three kids of my own home, and when I tell them something, I often feel like I'm nagging to my kids. So it's a different approach when you have someone from outside your family telling your kids what to do versus you doing it as a parent.

00:05:05

Saleema Noon: Exactly. And just reinforcing those same messages, but in a different way, right?

00:05:09

Ginny Chiu: Exactly. And the message is not rocket science. It's something that we all know and do, but it's just really coming from a different perspective. Maybe having a story behind it and a little bit more fun and engagement really sets the tone to make it stick.

00:05:22

Saleema Noon: Exactly. Now the foundation of what you teach is growth mindset, right, Ginny? Do you mind explaining to listeners just what that means exactly and what the principles behind it are?

00:05:35

Ginny Chiu: So the growth mindset, it's a big, big topic. And just to keep it simple, the key principle with growth mindset is number one, the brain grows. And number two, you have the ability to change that. So with having this growth mindset, it allows you to think in a certain way so that you feel better about yourself and then encourages to take action. So I like to shorten it up by using the four Ps. The first one is potential, understanding that anything is a learnable skill. You aren't born with a skill, you're not born a certain way, and that you don't change. You have the potential to change. Your brain can grow and learn new things. And by understanding that, it really turns around your actions and your motivation. So that's one little point about that.

00:06:28

Saleema Noon: And that's actually really powerful because even as an adult, for example, I'm quick to say I'm so bad at tech stuff.

00:06:34

Ginny Chiu: Exactly. And I just said that I think five-

00:06:36

Saleema Noon: Or I'm so bad at math.

00:06:37

Ginny Chiu: I think I said that five minutes before I was going onto this podcast with you. Yes, I know. And it's just so natural for us to say, oh, I'm not good at something. Or as a child, oh, I'm not a very good drawer. I'm not going to draw. And when you say that, you automatically train your brain to believe that. And we don't want to do that. We want to set the tone and say, you know what? I can do this. It's a learnable skill.

00:06:59

Saleema Noon: Right. Okay. What's the next principle?

00:07:02

Ginny Chiu: So the next P I use is the word patience and understanding that when we learn or when we try new things, we aim for progress, not perfection.

00:07:13

Saleema Noon: I need to sit with that for a minute. We aim for progress, not perfection.

00:07:19

Ginny Chiu: Yes, that's right.

00:07:20

Saleema Noon: That's really important because it helps to take stock of where we started and how far we've come.

00:07:27

Ginny Chiu: Exactly. So it's the journey that's important. It's not the endgame. So when we think this way, we're always learning to try new things. We're always willing to do that. And we also have the patience. So instead of waiting for perfection... By the way, there's no such thing as perfect, first of all, because what you think is perfect is not what someone else thinks as perfect. So it's not measurable, but seeing an improvement from what you did a week ago and just giving yourself that confidence and patting yourself on the back is so much more important. And having patience to do that. So having the patience to understand that whatever you're learning is the journey that is what you should be absorbing and appreciating. So aim for progress, not perfection.

00:08:16

Saleema Noon: And I think that this is difficult for kids, especially for teenagers because we as parents and we as a society, I think put so much pressure on our kids to do their best, to be the best, to accomplish these goals. And I don't blame kids sometimes for just going, "I can't do it. It's too much."

00:08:40

Ginny Chiu: Exactly. And I know that it's our society. I think with media and everything else, we always look at things perfectly. Parents, as good intentions they have, we often say things that we were trying to say it to encourage them, but at the same time it does completely opposite. So for example, we say, "Oh, look at so-and-so. Look how great they are when they play the sport. Look, oh, she's a really good soccer player." Or, "Oh, look at so-and-so. Look at their marks, they're so great." We're often comparing people and seeing that, oh, they're perfect and we're not. And then you get discouraged. So we don't want to do that. We don't want to talk about what's considered perfect or the best. We want to just focus on the now and think about what you're doing.

And we just slowly make progress. We get better each day. There is no end result. We just keep getting better and better. And a lot of times we live in such a fast-paced society that we don't have the patience to do that. So I think patience is very, very important.

00:09:42

Saleema Noon: So Ginny, just before we go to the next principle, can you give me an example of something a parent could say to encourage their child or teen, rather than comparing them to a sibling or to a peer? What would be better to say?

00:09:58

Ginny Chiu: I think one of the words that I often talk about a lot is the word yet. And a lot of times kids like, "Oh, I can't do that. Or I'm not good enough or so-and-so is better than me." It's like, well, you know what? You're not good enough quite yet. You can't get there yet. However, with some patience and some practice and repeating mistakes that happen, you could get there. And we think of it as a journey. Again, there's no such thing as a perfect person or a perfect game or a perfect mark. You just can't do it yet. Maybe you could do it later. You don't know that yet.

00:10:34

Saleema Noon: I love it. What a powerful word that is.

00:10:36

Ginny Chiu: Yes, it is.

00:10:37

Saleema Noon: That one three- letter word can change a sentence in such a meaningful way and have such an impact on a young person.

00:10:46

Ginny Chiu: It's such an important impact, and I teach this to my little five-year-old. And actually he surprised me all the time now, he uses it all the time. He's like, "Well, I can't climb up that monkey bar yet, mom, but I'm going to keep working on it." I'm like, "Well, that's great. That's perfect. That's exactly what I want you to do."

00:11:04

Saleema Noon: That's amazing.

00:11:06

Ginny Chiu: Yeah, it's a simple word. Kids get it and we use it a lot, repeat ourselves and that mindset will start growing in you.

00:11:14

Saleema Noon: So what's the next principle? Does it start with a P?

00:11:17

Ginny Chiu: It does. With my background in English, I like to always keep things simple and have these little acronyms to make it really easy. So the next one is persistence. So persistence in the sense that you just have to keep on going. And one of the things to remember is that mistakes are great. When you make a mistake, mistakes help you grow.

00:11:40

Saleema Noon: We're not always taught that.

00:11:42

Ginny Chiu: No, we're not. We're never taught that. We think that mistakes are horrible and we all just push it aside and ignore it. We shouldn't ignore it. We should embrace it. Failure is your chance to learn and do something different. And I was reading a book and there was a quote that came up with Thomas Edison and he said, "I didn't find a way to make a light bulb. I found a thousand ways how not to make one." So I think that sums it up quite well in the sense that you know what? The mistakes that you make actually help develop you and make you better. So don't think of mistakes as something negative. Embrace it and learn to change from it, or realize that that particular way that you've been doing things doesn't work and change. So to persist and keep trying is so important.

00:12:31

Saleema Noon: And again, our society teaches us growing up that it's not okay to make mistakes. And again, we should aim for perfection, right?

00:12:40

Ginny Chiu: Exactly. Exactly. So we have an evil monster with us in the sense that with technology and social media and the things we see online, everything seems perfect and there's no mistakes. It's flawless. But we have to understand the reality of that. Behind every "perfect" person, there's probably a hundred people behind them trying to fix things as they go. So when we see someone on screen or on Instagram or whatever, TikTok, there's so many takes before they send that one. That's not just the one time thing and they just do it and it becomes perfect. There's no such thing.

00:13:18

Saleema Noon: I talk to my students endlessly about this. It's so important to do a reality check and understand that what you see, especially on social media, doesn't always reflect the truth. In fact, it quite often doesn't.

00:13:33

Ginny Chiu: Exactly.

00:13:36

Saleema Noon: So what's the fourth one?

00:13:37

Ginny Chiu: And this comes to my last one to define growth mindset, it's the word positive. So celebrating accomplishments, celebrating your progress. So as you progress, be positive about it. Have an open mind. Mistakes help you grow. Work on progress, not perfection. Just basically giving yourself a pat on the back every time you do something. And that's not just you yourself, but if parents have encouraging their children that it's okay to make mistakes, that we're always learning, and that there's always different ways to do something. Having that positive feedback and staying confident is very important.

00:14:15

Saleema Noon: So especially when parents, a lot of us didn't grow up with this perspective, how can we best model these principles for our kids? They are listening to what we're saying and they are watching what we do. So in our own lives, what would be key to do that?

00:14:37

Ginny Chiu: I think that this is really important, and in order for children to have a growth mindset, the parent has to have that first. And as you said, that your children mirror everything you do. It's actually almost scary sometimes. I see my daughter, she reacts a certain way and I'm like, oh. And I realize, ooh, that's what I do.

00:14:56

Saleema Noon: That's me.

00:14:56

Ginny Chiu: That's me. So they're always watching, even though you don't think they are, they're always basically doing what you're doing. They're your little models. And I think that what's most important is before you can teach your child growth mindset, you need to basically understand that yourself and then try those techniques. So little things like encouraging yourself. Using the word yet, we as parents, as adults, we can use the word yet. The failure, we shouldn't shun failure. We shouldn't get mad at mistakes. We should just take a deep breath and think, okay, you know what? I made a mistake. It's all good. Okay, how can I change that?

00:15:39

Saleema Noon: Is it okay to share our mistakes with our kids?

00:15:41

Ginny Chiu: Exactly. Open communication is key. So the best way to really foster growth mindset is to have families and children basically learn it as they go and learn about failure and tell each other, oh, whoops, I made a mistake. Oop, how can I change that? Admit your failure. Admit you don't know something and learn as you go. So with this open approach, it really helps the children understand, oh, okay, it's not so bad. Mistakes aren't so bad, we can do this. And I think as parents, we often want to be perfect. There's no such thing.

00:16:18

Saleema Noon: I thought my parents were perfect growing up.

00:16:20

Ginny Chiu: I know.

00:16:20

Saleema Noon: I honestly did.

00:16:20

Ginny Chiu: But you know what's really happening? They're just covering everything up and you don't really see the truth. And is that what you really want? We don't want that flawed image. It goes back to there's no such thing as perfection. We want to go for progress. We want to learn as we go. Keep an open mind. Understanding that mistakes happen, it's part of life. And I think having that approaches is so much better than before. And I would know that with our previous generations, parenting is quite different from today. We're hopefully a little bit more open in terms of communication and setting different boundaries and letting children basically be more independent.

00:17:00

Saleema Noon: That's a big one, supporting our kids as they grow up, but also allowing them the space to make mistakes and to make their own decisions and become more independent.

00:17:12

Ginny Chiu: Yes, exactly. And that's really the key, is to give students or children independence. And when they have the ability to think on their own and understand why things happen and how things work, that's really what sets that self-motivation to do something. So I think that's so important to have them understand not just telling them what to do and what not to do, but explaining why we do things a certain way and having them learn how to do things. That's what will help them gain that independence and motivation for learning.

00:17:49

Saleema Noon: And we can start doing this from a very young age, right Ginny?

00:17:51

Ginny Chiu: For sure. Definitely. It's easier for us to just tell them what to do all the time because sometimes we're in a rush. Just this morning getting ready for school, it's like, okay, let's hurry up. Hurry, I'll pack your lunch. I'll do this. But I've learned to step back a lot, and you'd be surprised at what they can do. And when you let them do things, that sense of accomplishment is in them. They feel like, hey, I can do this. This is great. And that's what sets good habits. When you step back and let them do things, let them make a mistake. Let them not pack a fork for lunch and realize, oops. These little lessons help them realize, oh, okay. But if you do everything for them and tell them everything, and that really puts them on an automatic mode. They don't have to do anything. And that's when they don't learn.

00:18:44

Saleema Noon: Well, it brings on natural consequences, right?

00:18:47

Ginny Chiu: Exactly. Exactly.

00:18:47

Saleema Noon: And of course, we don't want to put our kids in danger, but they're not in danger because they brought a fork instead of a spoon in their lunch kit. And the good news is

parents that assigning tasks in the household, having everyone contribute in one way or another, that's actually a good thing for our kids' development, right?

00:19:06

Ginny Chiu: Yes, for sure. Giving them that responsibility to do things for the family, to take part in responsibilities not only does it help you, it really helps build that development in them, and it really fosters that independence and motivation.

00:19:23

Saleema Noon: So here's the thing, Ginny. It all makes perfect sense, and I think that we as adults can easily get our heads around this. And I know you work with small groups and young people one on one. How do you teach this to kids exactly?

00:19:40

Ginny Chiu: A lot of the times students learn from stories and experience and just hearing something from a perspective other than their parents'. So a lot of the things that I tell students is really what parents tell them a lot, but it's no longer nagging when it comes to hearing it from someone that's not their parents. So when we talk about things like setting goals and planning your time and organizing your day, this is probably what you tell your students every day or tell your kids every day in the morning, but when you tell them, it's in the ear, out the other. So I've noticed that when I teach the kids... Actually just on the side, I also do tutoring. I do a lot of one to one tutoring. And with the COVID year we've had last year, a lot of kids were learning from home and we started having conversations.

I was teaching them reading and writing, but then we started having conversations about make sure you plan, make sure you organize, and just basically giving them a little strategies about how they can set goals and getting them to do it and actually do it. And I found that students, as time passed, they were really interested in learning these topics. So instead of talking about reading and writing, we started talking about goal setting, what the growth mindset is, and talking about the mistakes that they made and how they've grown. And they were really excited about that. And that's when this started. You know what? These kids, they actually really love hearing these kinds of stories about how to set goals and how to time management. We don't think they do, but a lot of these topics interest them.

And so that's where I started to start forming little small group classes to have kids get together, talk about their goals, break down their goals, and talk about how we can each attain these goals. And we work with them every week so that there's progress. Every week we talk about the progress they've made, and then we cheer them on and we talk about what we can do to keep going with those progresses. We talk about how to manage your time, because now with school and other things coming along with activities, sometimes it's hard to set goals and get all your schoolwork done. So how do we do that? So we keep building on these conversations, and from that we developed a really strong path. So by the end of the course, students were able to set goals and they were so happy about that, and they were so motivated and it encouraged them to keep going.

And after the course, the parents were like, "Wow, what happened?" I said, "Well, I basically told them what you've been telling them all these years, but from a different perspective. It's more motivating. You have peers around you that's talking about the same thing where build each other, accountability, responsibility. Parents are not in the picture." They're supporting. I'm not saying they're not in the picture supporting them, what they do, but they're not the one telling them to do it because eventually it's not even me telling them, it's themselves. That's the goal.

00:22:41

Saleema Noon: Right. And the end game would be for our kids to be able to fulfill their responsibilities and do everything they need to do and have balance in their life and have fun, right?

00:22:52

Ginny Chiu: Yes, exactly.

00:22:53

Saleema Noon: And one of the tools you've created for young people I just love, and listeners, I'll make sure I include the link to it in the show notes, but you've created an activity tracker for kids when it comes to managing different aspects of their life. Can you tell us more about that?

00:23:10

Ginny Chiu: Yes. So this activity tracker that I made is really getting the kids to be the drivers of the activity. So they're the ones who are accountable and they're the ones who's responsible for the task. So basically what it is is that often kids, as soon as they come home, what do they do? They go on the screen. And I'm sure all the parents here are nodding, going, yes, the screen, yes, the screen. And how many times in the day do you tell your kids to get off the screen, whether it's TV, their iPad, their phone, their computer, whatever it is? It's a little bit frustrating with screen time. And the first thing to understand about screen time is that we cannot avoid it. The number one thing we cannot do is say no screen time. That does not work.

00:24:02

Saleema Noon: Yeah, it's not realistic.

00:24:03

Ginny Chiu: It's not realistic. It's like asking you to not be on the screen. Can you not be on your phone? Parents out there, are you only-

00:24:09

Saleema Noon: I wish I could be off more, actually.

00:24:12

Ginny Chiu: Exactly. We wish we could be off more, but we're tied to it, whether it's work or we're just... We're also sometimes scrolling through social media. We're checking emails.

00:24:20

Saleema Noon: True story.

00:24:21

Ginny Chiu: It's impossible to get kids to not be on the screen. But what it's possible to do is have them balance their time so they can use the screen, but also fulfill other activities so that their life is well-balanced. So with this activity tracker, I've divided into five categories.

00:24:41

Saleema Noon: I love these categories, Ginny. I think they're just so great.

00:24:44

Ginny Chiu: Thanks. And I like these categories because they overlap and they're open-ended. I did that on purpose because it allows a bit of leeway as to what the task can fit to. And it also allows the kids to decide which category is which. And there's a bit of thinking and negotiating. So the categories are basically throughout the week or every day, you need to do five things. You need to do something for your brain, you need to do something for your body, you need to do something for your family, for your home, and then for fun. So basically for the brain, and what they do first before they actually start the tracker is they need to come up with the list. So you can do this as a family or you can do this on their own.

They need to come up with a list and think about three or four different activities that fall under those categories. So for their brain could be obviously doing their homework, reading a book. They could be drawing-

00:25:44

Saleema Noon: Doing the puzzle.

00:25:45

Ginny Chiu: Doing the puzzle. They could draw, play music. Maybe if they have it, playing piano or violin or whatever musical instrument that they have, or play a chess game, play a board game. That could be for a brain like trivia and things like that. For your body, that's self-explanatory. Any kind of sport, go run around outside. For your family, so this one's fine. Basically things that you can do for your family. So think about these household chores. Fold the laundry, take out the dishes from the dishwasher, set the table, vacuum, depending on age. And of course, this is really age dependent.

And then now the next category is for your home, and they thought, well, isn't that for the home when you're doing dishes for the family? Well, that's where it's overlaps. It could be, you can decide. For the home could be you cleaning your room, cleaning the bathroom, cleaning the toilets for the older kids, mowing the lawn. It could be just feeding the fish if you have pets, feeding the dog, bringing them them for a walk. So doing-

00:26:47

Saleema Noon: But at the same time, you're helping someone else in your family because it means that they don't have to do it.

00:26:52

Ginny Chiu: Yes, exactly. So I left these topics open-ended because it's really funny how kids start negotiating and think, you know what? I know if I go and play a video game with my brother, is that for my family 'cause playing with him? And I thought, well, okay, well that's pretty cheeky, but I guess so. You're negotiating. That's critical thinking skills right there. So technically.

00:27:16

Saleema Noon: If you walk the dog with your brother, that's for your family.

00:27:19

Ginny Chiu: Exactly. So you have a lot of interesting discussions, and this really helps open up communication between families. This is a great task to also have conversations about what is considered helping out with the family and what's considered doing things for the home versus doing things on your own for fun? And then for fun, of course, the first thing kids write would be a screen, which is fine. We don't mind that. It's okay. They could say they want to play video games, watch TV, completely fine. But that's the category for fun. And then what they do is throughout the day, they need to basically make sure that they complete all five categories. So they're able to go ahead and play on the screen, but they have to also make sure they do those other four things. And really it's not really telling them to get off the screen. They can use the screen, but they just have to do the other things just to have that balance in their life. And that's really the gist.

00:28:19

Saleema Noon: We're giving them a framework and letting them make decisions with parameters rather than just telling them what to do and in doing so, having to nag them. Now a question for you, Ginny, do you set time limits for each of these categories? What if a child came home, spent five minutes each on four categories and then spent two hours on the fun category?

00:28:50

Ginny Chiu: Yeah, for sure. And it really depends on each family, and you have to know your child. Everyone's different. And with the older kids, they'll probably do that in the first. I'm just going to play the screen for a lot of time and then just quickly just do things quickly. And in the beginning, fine, let them, but then one of the things we want to tell them is, okay, at the same time we're doing this activity tracker, you want to start thinking about that mindset. You want to teach them that growth mindset. You want them to understand that, why are we doing this? Okay, don't just throw the what and go, here's an activity tracker. Let's just do this. They need to know why we're doing this. The reason why we're doing this, kids, is that it's really important to make sure we balance our lives.

Screen is fine, but if you're always on the screen, it's really not good for your brain, it's not good for your body, it's not good for your eyesight. You're always staring at the screen. You need to get up and stretch a little bit. You need to do these things. And with everyone so busy in the household, it's nice to kind of help out in the family. And I think that would give us more time to have free time together. So you need to have those conversations with the kids. We have to teach them and get them to understand why we're doing this. If you just-

00:29:58

Saleema Noon: And would it be helpful.... Sorry. Would it be helpful for parents to do this as well?

00:30:02

Ginny Chiu: Yes, and I think it's actually really challenging for parents to do this too. And I think it'll be a fun task if everybody in the family does this. And one of the things to think about is in the very beginning, you may not actually end up filling in the rings. You might not get a chance to cover every activity, and you look back and go, oh, I realize that I've just been doing things for fun and maybe a few things for my home, but maybe I need to do something for my brain. Maybe I should go read a book. I should go and just listen to more podcasts or read some books about something to learn something. As an adult, we shouldn't stop learning. Why should we stop learning? We should do that too.

00:30:44

Saleema Noon: And again, that's great modeling for our kids.

00:30:47

Ginny Chiu: Exactly. It goes back to that the previous conversation we have about they're always watching what you're doing. So if you do this, not only is it good for you because it helps balance out your day, but it really has that positive effect on your child, and it's a lot of fun.

00:31:02

Saleema Noon: Yeah. Well, like I said, Ginny, I just love this activity tracker that you created. And again, listeners, I'll make sure you know where to find that in the show notes. We've got to wrap up soon, but I wish I knew about growth mindset when my step kids were younger. This is just such a practical framework to parent from, I think. Where can our listeners go to learn more about growth mindset? Do you have a specific resource in mind, Ginny, that would be good?

00:31:35

Ginny Chiu: Basically, the growth mindset is coined by a professor and psychologist. Her name is Carol Dweck, and if you Google her, Carol Dweck, and she has a great book called Growth Mindset, and she's basically one of the pioneers to this frame of thinking. The book defines what growth mindset is, further defines it, and she puts into perspective from different environments. So it comes from thinking of parenting, from business point of view, and school point of view,

and relationships and how the growth mindset can mold and change your way of thinking in these different areas. And I think that's a great start to really understand the growth mindset.

00:32:17

Saleema Noon: Okay, good. And then-

00:32:17

Ginny Chiu: I've been doing lots of reading and I've been writing a lot of blogs, and really a lot of the blogs that I write summarizes a lot of the resources and books that I've read, and it's been rewritten in more of a lighter, easier to understand level.

00:32:34

Saleema Noon: Well, I've read your blogs, Ginny, and you're a great writer. They're just so easy to understand, really succinct, and so listeners, I would highly recommend you go and check them out. So Ginny, where would parents find your blog?

00:32:49

Ginny Chiu: You can find my blog under my website. It's called [www. readytosetgoals.com](http://www.readytosetgoals.com).

00:32:53

Saleema Noon: Okay.

00:32:54

Ginny Chiu: So readytosetgoals.com. In there, you'll find some blogs. I'm going to try to write more now that there's a little bit more time with the kids back in school. I'm going to be writing some more blogs.

00:33:05

Saleema Noon: Hallelujah.

00:33:05

Ginny Chiu: Yes, I know. The time goes by so fast during the day.

00:33:10

Saleema Noon: It sure does.

00:33:11

Ginny Chiu: Yes. So definitely going to be putting some more blogs and just basically sharing my thoughts and stories and giving you some tips and strategies from a parent's point of view in terms of how they can help boost the growth mindset and help students. I also have some information about some of the courses that I have to help develop students' mindset in terms of goal setting and developing study habits and study strategies.

00:33:36

Saleema Noon: Excellent. I know a lot of our listeners will want to know more about your courses because they sound amazing. So I'll make sure I put your website address in our show notes too.

00:33:45

Ginny Chiu: Great, thank you.

00:33:47

Saleema Noon: So Ginny, I want to wrap up with a question that I like to ask all my guests, because I often think about this myself. Would that be okay?

00:33:54

Ginny Chiu: Okay, sure.

00:33:55

Saleema Noon: I'm going to put you on the spot here. Are you ready?

00:33:59

Ginny Chiu: Yes.

00:33:59

Saleema Noon: If you could, what would you tell your pre-teen self?

00:34:06

Ginny Chiu: Ooh.

00:34:08

Saleema Noon: What do you know now that you wish she knew then?

00:34:13

Ginny Chiu: To have worn more sunscreen. Yes. I'm always telling my kids to wear sunscreen now. Now I know why.

00:34:24

Saleema Noon: Use your sunsets.

00:34:26

Ginny Chiu: Wear a hat and wear sunscreen. Besides that, so that's one thing for sure, but I would definitely say to understand the growth mindset. When I was young, I didn't, and I struggled with school and I didn't like schoolwork. I hated homework. I just didn't have that mind to understand that learning is great. And a lot of times, a lot of this comes when you're an adult, you realize how important learning is. You realize how important school is and to study effectively and to motivate yourself. It's so important. But I wish that kids knew this when they

had to actually be at school and study. So that's basically the gist of why I'm doing this. I really want these kids to learn and understand this at an age where it's most pivotal to them.

And by setting that knowledge and understanding and motivation, it'll lead to such greater success for them, less stress, less anxiety about growing up. It really helps pave the path to a much better life if they had known the growth mindset at a younger age. So I wish someone had taught me that when I was young.

00:35:35

Saleema Noon: I hear you. Well, you are doing such important work, Ginny, and you're already seeing the benefits in the students that you teach, right? So I hope that many, many more students get to benefit from your wisdom and your teaching just in the coming years. So thank you so much for being with me today. I feel like we have so much more to talk about, so I hope you'd consider coming back for a part two of our conversation.

00:36:01

Ginny Chiu: Oh, I would love to. Yes. It's been a pleasure, Saleema. Thank you so much for having me.

00:36:05

Saleema Noon: Well, thank you. We'll talk soon.

00:36:07

Ginny Chiu: Thank you.

00:36:07

Saleema Noon: Thanks for listening, everyone.

00:36:09

Ginny Chiu: Bye everyone. Thank you.

00:36:11

Saleema Noon: Thanks for joining us on today's episode of Growing Up Game Plan: The Podcast, where our goal is to support parents as they navigate the pre-teen trenches. Looking for more? Check out our newest program Growing Up Game Plan. Growing up Game Plan is a six-week online masterclass for pre-teens aged nine to 12-ish that sets them up to celebrate who they really are, to use their inner power to honor, manage, and express their emotions, to stay safe and have fun online, to come to terms with puberty, to stand up for themselves and what they believe in, and to foster healthy relationships. Growing up Game Plan gets your pre-teen thinking and reflecting on things that matter. We give you peace of mind and they learn skills they can use for a lifetime. And we help you both learn to have meaningful, open conversations moving forward.

Go to www.saleemanoon.com if you'd like to learn more about Growing Up Game Plan or to join our waitlist to be the first to know about when registration opens up next. We got you.

00:37:12

Bryn Askwith: Thank you so much for listening in today. If you're curious to learn more about Growing Up Game Plan: The Podcast, head to the link in our show notes. This episode of Where You Are is brought to you by BC Children's Kelty Mental Health Resource Center. Our show is produced and edited by Jenny Cunningham with audio engineering by Luke Batiot, audio production by JAR Audio. If you enjoyed this episode, leave us a rating where you might be listening now. Looking for more great episodes of Where You Are? Find us wherever you listen to podcasts and of course at keltymentalhealth.ca/podcast. We hope you'll make us your go-to resource to promote your family's mental health and wellness from where you are to where you want to be.