

# FREE GROWTH MINDSET WORKSHOPS FOR 4TH & 5TH GRADERS



The StudyPro, an Executive Function and Study Skills Center in McLean, VA offers three unique workshops for 4th and 5th Graders to help them understand and begin to develop a growth mindset.

**\*\*\* REGISTRATION OPENS -30 DAYS PRIOR TO WORKSHOP DATE \*\*\***

## Growth Mindset: Getting our Minds Set for Math!

Sat, Oct 16th: 1:30 - 3:00pm

[REGISTER HERE](#)

How many times have we heard “I’m just no good at math!”? The truth is that “being good” at math means honoring the process vs. pushing fast to get the answer. However, many students struggle with the four best practices that are goals for all mathematicians. During this workshop, we will focus on these best practices as well as teach strategies students can use to work through challenging problems and reduce anxiety when they get stuck.

## Growth Mindset to Push Through Frustration

Sat, Nov 6th: 1:30 - 3:00pm

[REGISTER HERE](#)

In this workshop, we will learn why a Growth Mindset matters, especially when we get frustrated. We will look at how we react when we get “stuck”, and what words and approaches we can use to help “push through” that frustration. We will introduce some new strategies that will be helpful for chunking work, reading, and will provide each student structures to ensure that there is adequate time to get homework done.

## Using Growth Mindset Strategies for Writing!

Sat, Dec 4th: 1:30 - 3:00pm

[REGISTER HERE](#)

No matter how much we want to maintain a Growth Mindset, writing can be tough! Whether it’s getting started, knowing what to write about, planning, or being open to editing our work, writing can put anyone at the brink of giving up. During this workshop, we will explore different types of writing, practice ideas to get started when feeling stuck and learn how to look at editing in a more positive light.

<https://thestudypro.com/workshops/>

**Email:** [Info@TheStudyPro.com](mailto:Info@TheStudyPro.com) **Visit:** [www.TheStudyPro.com](http://www.TheStudyPro.com) **Call:** 571-321-5800