



Workshop Series

Brought to you through a partnership between the New Jersey Family Engagement Hub and SEL4NJ

Learning Through Challenge: Teaching Growth Mindset in Real Life

Discover how to help children and adolescents embrace challenges, learn from mistakes, and build confidence through a practical, developmentally appropriate growth mindset.

Friday, May 29, 2026

12:00 PM to 1:00 PM

[Registration Link](#) | Scan the QR Code to register



Key Takeaways

- Understand what a growth mindset really is.
- Respond to mistakes and setbacks in ways that promote learning.
- Use language that encourages effort, strategy, and reflection.
- Support motivation without pressure, over-praising, or “toxic positivity.”
- Create environments where curiosity, persistence, and learning are valued over perfection.



Presenter: Erica Brentan



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