

HEMPFIELD SCHOOL DISTRICT
Landisville Intermediate Center

To: Parent and/or Guardian
From: Mrs. Kate Kasabo, Elementary School Counselor
Re: Classroom Guidance Instruction

October 2017

Dear Parents and Guardians of Fifth Grade Students:

Last week, all fifth grade students were involved in a classroom guidance lesson about Perseverance and Growth Mindset, as part of the district-wide classroom guidance curriculum. The students we taught 5 “tips” for sticking with a task or job even when it gets difficult or challenging.

1. Take a break
2. Check your mindset
3. Ask for help
4. Reward yourself when you finish
5. Remember that it doesn't have to be perfect!

We went over all of these tips, but focused most of the discussion on tip #2: Check your mindset. A fixed mindset is the belief that we are born with inherent strengths and weaknesses, and these traits are fixed and cannot be changed. A growth mindset is the belief that you can change or improve through hard work and practice. We watched a video about famous Olympic track athlete Wilma Rudolph. Her story is an incredible depiction of a growth mindset and perseverance.

Please have a conversation with your child about our lesson last week and if you have any questions or concerns, please contact me by calling the school at 618-5642.

Thank You,

Kate Kasabo
Elementary School Counselor
Landisville Intermediate Center