

Dear _____,

Welcome to 7th Grade! I am so excited to share the journey of this coming school year with you.

This year brings us all so many opportunities to grow and learn. We are all being challenged to have high expectations for ourselves. As your teacher, I will expect you to set goals for yourselves and work very hard to reach them. I promise to set high goals for myself as well.

Reaching your goals can be scary and sometimes frustrating. It takes a very long time to become an expert at something that you aren't yet so good at. In fact, scientists have proven that the only way to learn and get smarter is to attempt something new and work **really, really** hard at it... ***even if you make a lot of mistakes.***

YES! I SAID IT! I WANT YOU TO MAKE A LOT OF MISTAKES!!!

Do not be afraid to try something because you think you won't be good at it. Chances are, YOU WON'T! AND THAT IS OK! In order to be successful, you will need to make mistakes and learn from them. Easy is boring. Effort is what makes you smart. Even scientists say so.

Enclosed in this envelope is your ticket to success in 7th grade. Yes, it is a pink eraser. Keep this eraser and use it as a reminder to ACCEPT CHALLENGES, to MAKE MISTAKES, and to LEARN from those mistakes. Most importantly, I want you to promise yourself you will KEEP TRYING. When it gets tough, I as your teacher promise to help you along the way. Again, welcome to 7th grade. Let's get to work!!!

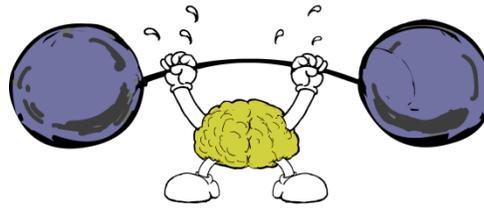
And please remember:

The worst mistake anyone can ever make is to be too afraid to make one.

Sincerely,

About Mindset Works

Mindset Works was co-founded by one of the world's leading researchers in the field of motivation, Stanford University professor Carol S. Dweck, Ph.D. and K-12 mindset expert Lisa S. Blackwell, Ph.D. The team translates psychological research into practical programs and services to help students and educators increase their motivation and achievement.



Visit www.mindsetworks.com/free-resources for more growth mindset resources, tools, articles, and lessons.

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