January 2021

Mentor Minute
From your JSD Mentor Department

Relationships
-Fostering growth through mistakes

When Disneyland opened in 1955, it was a disaster! There was a food shortage, long lines, malfunctioning rides, animals that escaped from the circus and counterfeit tickets. What did Walt Disney say about this Black Sunday?

“If you do big things, you make big mistakes.”

How do we help our mentees grow as they make mistakes?

Mindset kit
1. Analyze mistakes together.
2. Honor what they did right.
3. Talk about the feelings associated with making a mistake. Processing feelings helps us get past them.
4. Push your mentee to take on greater challenges when they are ready.
5. Share your own feelings and mistakes.
6. Encourage them to ask for help.
7. Be proactive - don’t wait for a mistake to happen. Talk about what will happen when a mistake is made.
8. Be patient. The growth mindset is a process.

Remember: Brain growth happens BECAUSE of mistakes, not in spite of them.

*Contact your Mentor Specialist with any questions you may have: http://mentor.jordandistrict.org