

Fostering Growth Mindset: How SKILLZ Schools Use the Power of Yet

In the world of martial arts education, fostering a growth mindset in children is as important as teaching them self-defense skills. A growth mindset encourages students to believe in their ability to learn and grow, making it a valuable life skill. At SKILLZ schools, the Power of Yet is a central concept used to instill this mindset and empower young martial artists. In this blog, we'll explore how SKILLZ schools leverage the Power of Yet to cultivate a growth mindset in their students.

The Power of Yet

The Power of Yet is a simple but transformative idea introduced by psychologist Carol Dweck in her book "Mindset." It's about recognizing the potential for growth and development, emphasizing that abilities and intelligence can be developed over time. At SKILLZ schools, this concept is woven into the fabric of their martial arts classes.

1. Positive Language

One of the foundational principles of the Power of Yet is using positive language. In SKILLZ schools, instructors teach students to shift their thinking from "I can't do this" to "I can't do this yet." This minor change in language signifies that with effort and perseverance, they can overcome challenges and achieve their goals.

2. Setting Goals

SKILLZ schools encourage children to set goals for themselves. Instructors help them create a framework for both short-term and long-term objectives. This goal-setting process motivates students to strive for improvement and emphasizes that success is attainable with continuous effort.

3. Acknowledging Effort

Effort is celebrated in SKILLZ schools. Instructors praise students for their hard work, determination, and strategies to overcome obstacles. By reinforcing that progress is more important than perfection, the Power of Yet becomes a guiding principle.

4. Encouraging Problem-Solving

Children are taught how to tackle challenges through problem-solving. The mindset is to approach difficulties with a solution-oriented attitude. When they face obstacles, they brainstorm different approaches, try new strategies, and learn from their mistakes.

5. Building Resilience

Martial arts is inherently challenging, and SKILLZ schools teach students that failure is a stepping stone to success. Resilience is cultivated by showing that setbacks are opportunities to learn and improve. The message is clear: don't give up, keep trying, and embrace the process.

6. Creating a Growth-Mindset Environment

The learning environment at SKILLZ schools is designed to reinforce a growth mindset. Growth mindset quotes and posters adorn the walls, celebrating the idea that intelligence and abilities can develop over time. Mistakes are celebrated as opportunities for growth.

7. Role Models

Instructors serve as role models, demonstrating a growth mindset in their own lives. They exemplify resilience, a willingness to learn, and the ability to face challenges with a positive attitude. These behaviors influence students to follow suit.

In SKILLZ schools, the Power of Yet is not just a concept; it's a way of life. Children are nurtured in an environment that encourages them to believe in their potential, embrace challenges, and persist in the face of adversity. Through positive language,

goal-setting, effort acknowledgment, problem-solving, resilience building, and the creation of a growth-mindset environment, SKILLZ schools empower young martial artists with a growth mindset that extends far beyond the dojo. This approach equips them with the confidence and skills to tackle life's challenges and continuously strive for self-improvement. At SKILLZ schools, the Power of Yet is not just a phrase; it's a powerful philosophy that transforms students into lifelong learners.