

Productive Struggle



What is Productive Struggle?



Productive Struggle is the process of **EFFORTFUL** learning that develops **GRIT** and creative problem solving.



Why is Productive Struggle important?



- ★ Research shows that struggling is absolutely critical to mastery and that the highest achieving people in the world are those who have struggled the most.
- ★ Neuroscientists have found that mistakes are helpful for brain growth and connectivity and if we are not struggling, we are not learning.

["Why Struggle Is Essential for the Brain — and Our Lives"](#)

[By Jo Boaler, Oct 28, 2019](#)

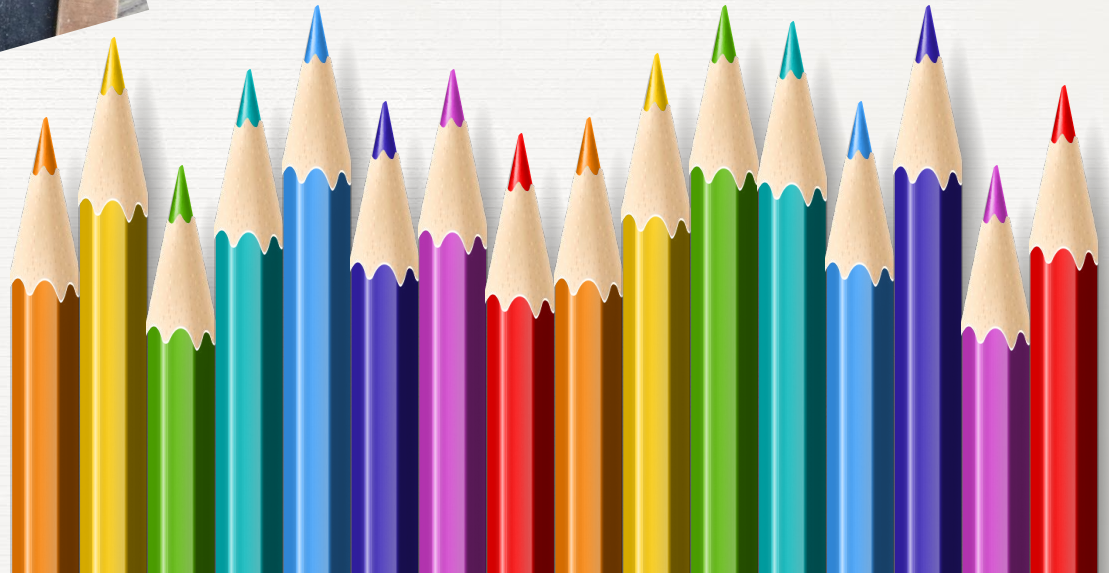
How to support Productive Struggle:

- ★ Model persistence
- ★ Give your child time to think and work
- ★ Allow your child to brainstorm and explore potential solutions
- ★ Encourage your child to complete the task themselves
- ★ Encourage a [Growth Mindset](#)
- ★ Carol Dweck says...“If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.”





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