

Fixed vs. Growth Mindset:

In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits.

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work (Dweck, 2015).

The Power of Yet:

- I can't do this... YET.
- I don't understand this... YET.
- I'm not good at this... YET.

Resilience:

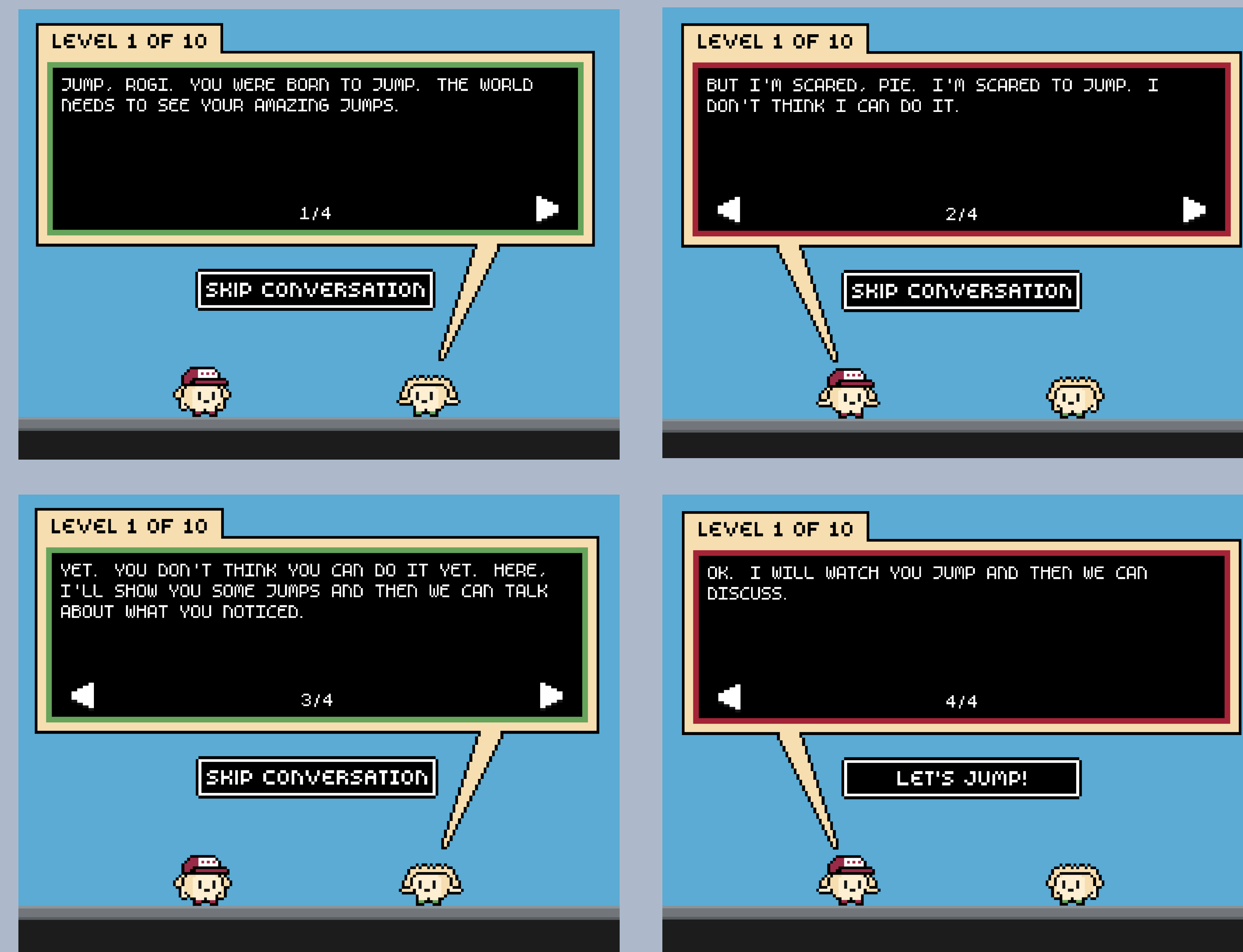
Resilience plays a key role in strengths-based treatment approaches that mitigate a communication disorder's adverse impact (Walsh et al., 2023).

Digital Technology:

In today's world, digital technology can be overlooked as a valid therapeutic tool, however, many digital media applications harbor a unique ability to connect to children's sense of playful introspection, which can assist clients in using their newly learned communication skills to redefine self-perceptions (Folkins et al., 2016).

Could some video games serve as useful therapeutic tools to initiate discussions about growth mindset concepts connected to resilience?

Example dialogue from Jump Rogi:



About Jump Rogi:

Jump Rogi (<https://www.jumprogi.com/>), designed by Erik X, Raj, is a freely accessible web browser-based video game that features a character named Rogi who wants to jump. However, Rogi currently is afraid to jump. Through the help of Rogi's friend named Pie, the pair work together to help Rogi grow as a jumper.

In the video game, when a character fails and "dies" from missing a trampoline after a jump, the player can analyze the situation, and pick up where they left off. The video game brings them right back to where the failure occurred. This helps the player to see that failure is not final, and that life is merely a series of trials and errors. From this, the video game encourages the player to understand that success is not always a straight shot, but it is attainable if one remains RESILIENT and maintains their commitment to GROW, face challenges, and emerge even stronger than before.

- Dweck, C. (2015). Carol Dweck Revisits the 'Growth Mindset'. Education Week. Retrieved from: <https://tinyurl.com/03-01-2024>
- Folkins, J. W., Brackenbury, T., Krause, M., & Haviland, A. (2016). Enhancing the therapy experience using principles of video game design. *American Journal of Speech-Language Pathology*, 25(1), 111-121.
- Walsh, B. M., Grobbel, H., Christ, S. L., Tichenor, S. E., & Gerwin, K. L. (2023). Exploring the relationship between resilience and the adverse impact of stuttering in children. *Journal of Speech, Language, and Hearing Research*, 66(7), 2278-2295.

