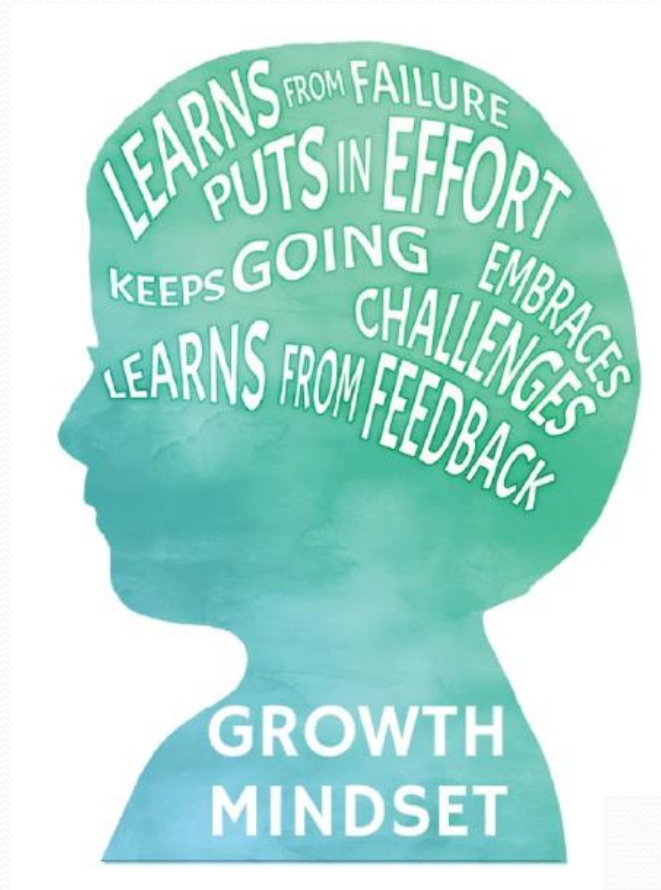




# October: Growth Mindset

# Growth Mindset



# Growth Mindset

In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone's the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it.



# Fixed Mindset



In a fixed mindset students believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount and that's that, and then their goal becomes to look smart all the time and never look dumb.

# Carol Dweck's Idea of Mindset

**Fixed** vs **Growth**

ability is static

avoids challenges

gives up easily

sees effort as fruitless

ignores useful criticism

threatened by others



ability is developed

embraces challenges

persists in obstacles

sees effort as necessary

learns from criticism

inspired by others' success

# MINDSET MATTERS

Change your words to change your mind.

I made a mistake.

I can't do it.

I'm on the right track.

It's good enough.

Is this my best work?

Mistakes help me learn.

I give up.

Let me try another way.

I'm not good at this.

I'm just getting started.

I'm a natural.

I improve with practice.

This is too hard.

This may take some effort.



## A Growth Mindset Drives Motivation and Achievement



# PARENT'S GUIDE TO A GROWTH MINDSET

## Big Life Journal

www.biglifejournal.com

### PRAISE

*FOR:*  
EFFORT  
STRATEGIES  
PROGRESS  
HARD WORK  
PERSISTENCE

RISING TO A CHALLENGE  
LEARNING FROM A MISTAKE

*NOT FOR:*  
BEING SMART  
BORN GIFTED  
TALENT

FIXED ABILITIES  
NOT MAKING MISTAKES

### SAY:

"YOU TRIED VERY HARD AND  
YOU USED THE RIGHT  
STRATEGY!"

"WHAT A CREATIVE WAY TO  
SOLVE THAT PROBLEM."

### THE POWER OF "NOT YET"

#### SAY:

"YOU CAN'T DO IT YET."

"YOU DON'T KNOW IT YET."

"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"

GROWTH MINDSET

YOU CAN  
GROW YOUR  
INTELLIGENCE

VS

FIXED MINDSET

YOU CAN'T  
IMPROVE  
NATURAL ABILITIES  
YOU WERE  
BORN WITH

BRAIN CAN GROW

#### SAY:

"YOUR BRAIN IS LIKE A MUSCLE.  
WHEN YOU LEARN, YOUR BRAIN  
GROWS. THE FEELING OF THIS  
BEING HARD IS THE  
FEELING OF YOUR BRAIN  
GROWING!"

FAILURES AND MISTAKES = LEARNING

#### SAY:

"YOU CAN LEARN FROM YOUR MISTAKES."

"MISTAKES HELP YOU IMPROVE."

"LET'S SEE WHAT OTHER STRATEGIES  
YOU CAN TRY."

### ASK

"WHAT DID YOU DO TODAY  
THAT MADE YOU THINK HARD?"  
"WHAT NEW STRATEGIES DID  
YOU TRY?"

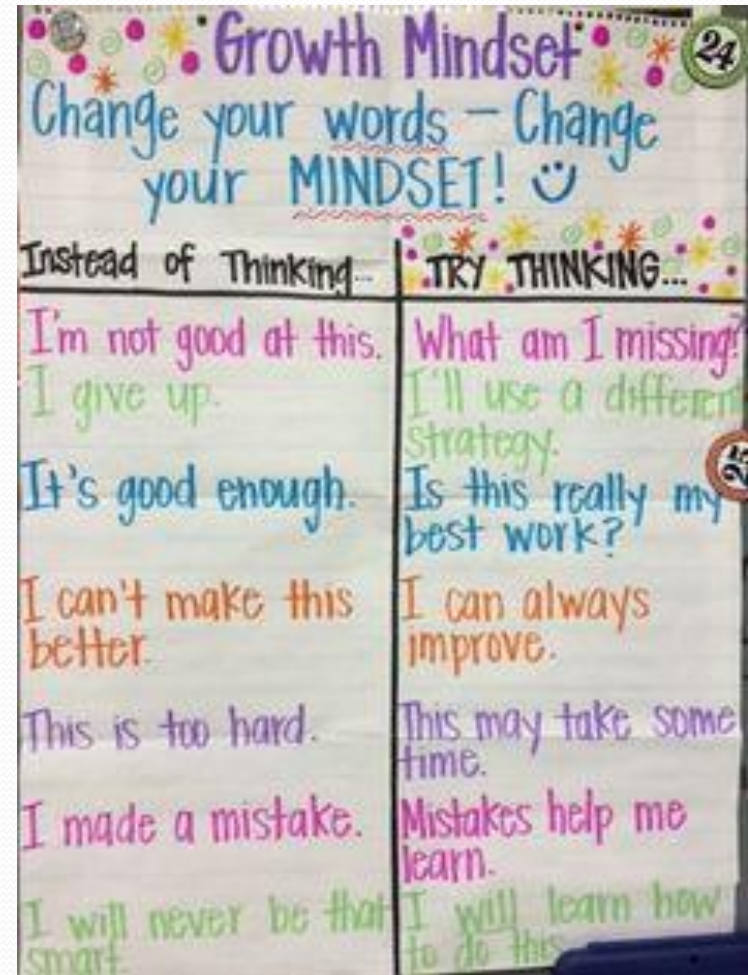
"WHAT MISTAKE DID YOU MAKE  
THAT TAUGHT YOU  
SOMETHING?"

"WHAT DID YOU TRY HARD AT  
TODAY?"

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND  
OF THE MESSAGES YOU SEND WITH YOUR  
WORDS AND ACTIONS.

# Charting Ideas





# Wisdom for Your Walls

## 10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

TRY THINKING:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!



# Growth Mindset Texts

- <http://www.classroomtestedresources.com/2016/02/read-alouds-for-growth-mindset.html?m=1>

Read Alouds for the

Growth Mindset

Tech Crazy Teacher on Classroom TESTED Resources

# Growth Mindset Resources



- Dojo videos

<https://www.youtube.com/watch?v=2zrtHt3bBmQ>

- Ned the Neuron

<https://www.youtube.com/watch?v=g7FdMio3CzI>

- Soar

<https://www.youtube.com/watch?v=UUIaseGrkLc>

- Piper

<https://www.youtube.com/watch?v=e7v2zDZBf6g>