

# Utilizing a Growth Mindset

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Presented by the Haddon Heights Child Study Team



# Fixed Mindset vs. Growth Mindset

Over 30 years ago, Carol Dweck and her colleagues at Stanford University became interested in students' attitudes about failure. They noticed that some students rebounded while other students seemed devastated by even the smallest setbacks.

After studying the behavior of thousands of children, Dr. Dweck coined the terms **fixed mindset** and **growth mindset** to describe the underlying beliefs people have about learning and intelligence. **When students believe they can get smarter, they understand that effort makes them stronger. Therefore, they put in extra time and effort, and that leads to higher achievement.** (<https://www.mindsetworks.com/science/>)

Good YouTube Video defining the differences between both mindsets:  
<https://www.youtube.com/watch?v=M1CHPnZfFmU>

# What is "Fixed Mindset?"

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

They spend their time *documenting* their intelligence or talent instead of *developing* them.

They also believe that talent alone creates success **without effort**. They're wrong.

# What is "Growth Mindset?"

In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point.

This view creates a love of learning and a resilience that is essential for great accomplishment.

Virtually all great people have had these qualities.

# Fixed

Mindset

# Growth

Mindset

Carol Dweck

**Intelligence is static.**

Leads to a desire to LOOK SMART and therefore a tendency to:

- ✓ AVOID CHALLENGES
- ✓ GIVE UP EASILY DUE TO OBSTACLES
- ✓ SEE EFFORT AS FRUITLESS
- ✓ IGNORE USEFUL FEEDBACK
- ✓ BE THREATENED BY OTHERS' SUCCESS

**Intelligence can be developed**

Leads to a desire to LEARN and therefore a tendency to:

- ✓ EMBRACE CHALLENGES
- ✓ PERSIST DESPITE OBSTACLES
- ✓ SEE EFFORT AS PATH TO MASTERY
- ✓ LEARN FROM CRITICISM
- ✓ BE INSPIRED BY OTHERS' SUCCESS

# What Kind of Mindset Do You Have?



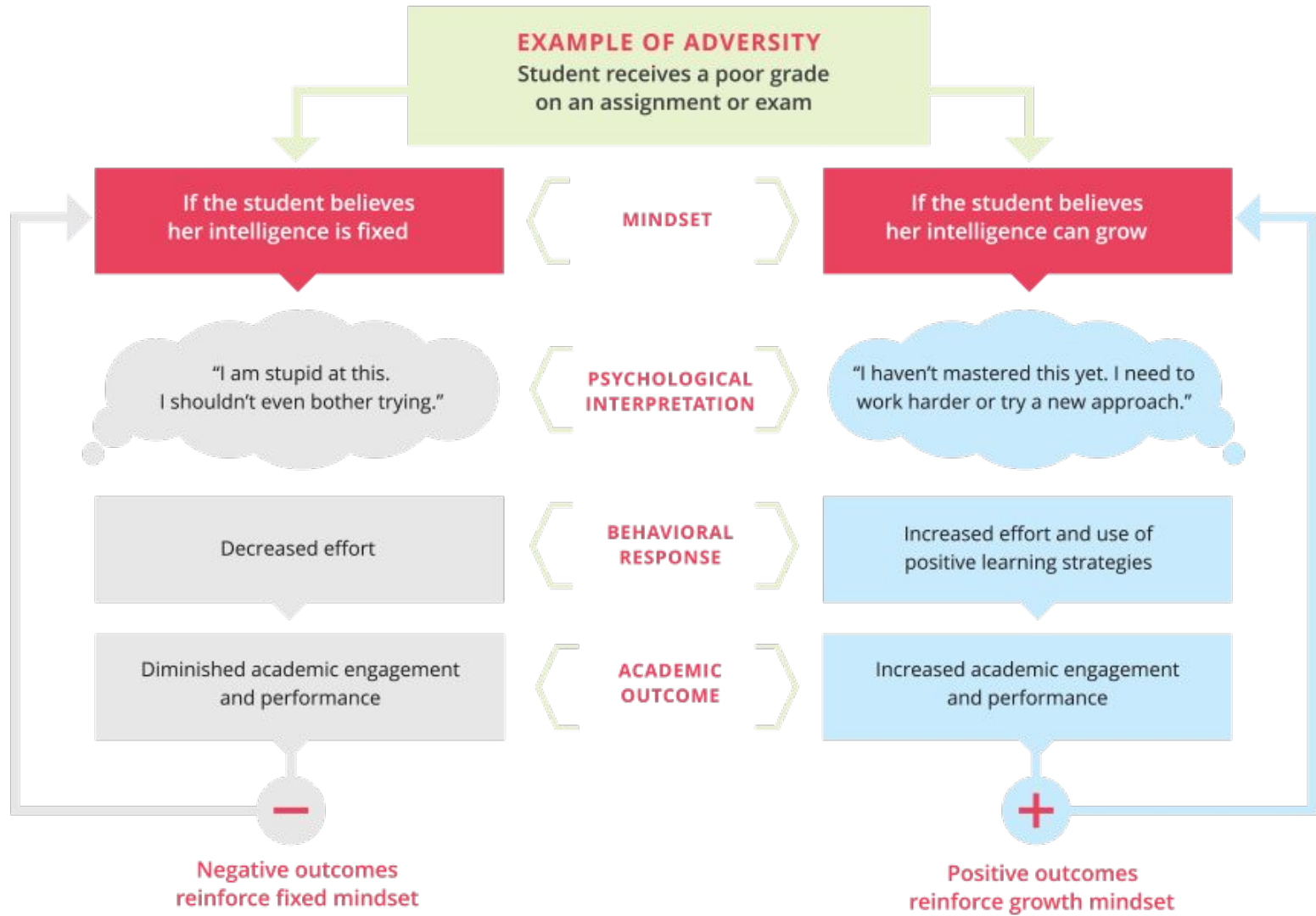
I can learn anything I want to.  
When I'm frustrated, I persevere.  
I want to challenge myself.  
When I fail, I learn.  
Tell me I try hard.  
If you succeed, I'm inspired.  
My effort and attitude determine everything.



I'm either good at it, or I'm not.  
When I'm frustrated, I give up.  
I don't like to be challenged.  
When I fail, I'm no good.  
Tell me I'm smart.  
If you succeed, I feel threatened.  
My abilities determine everything.

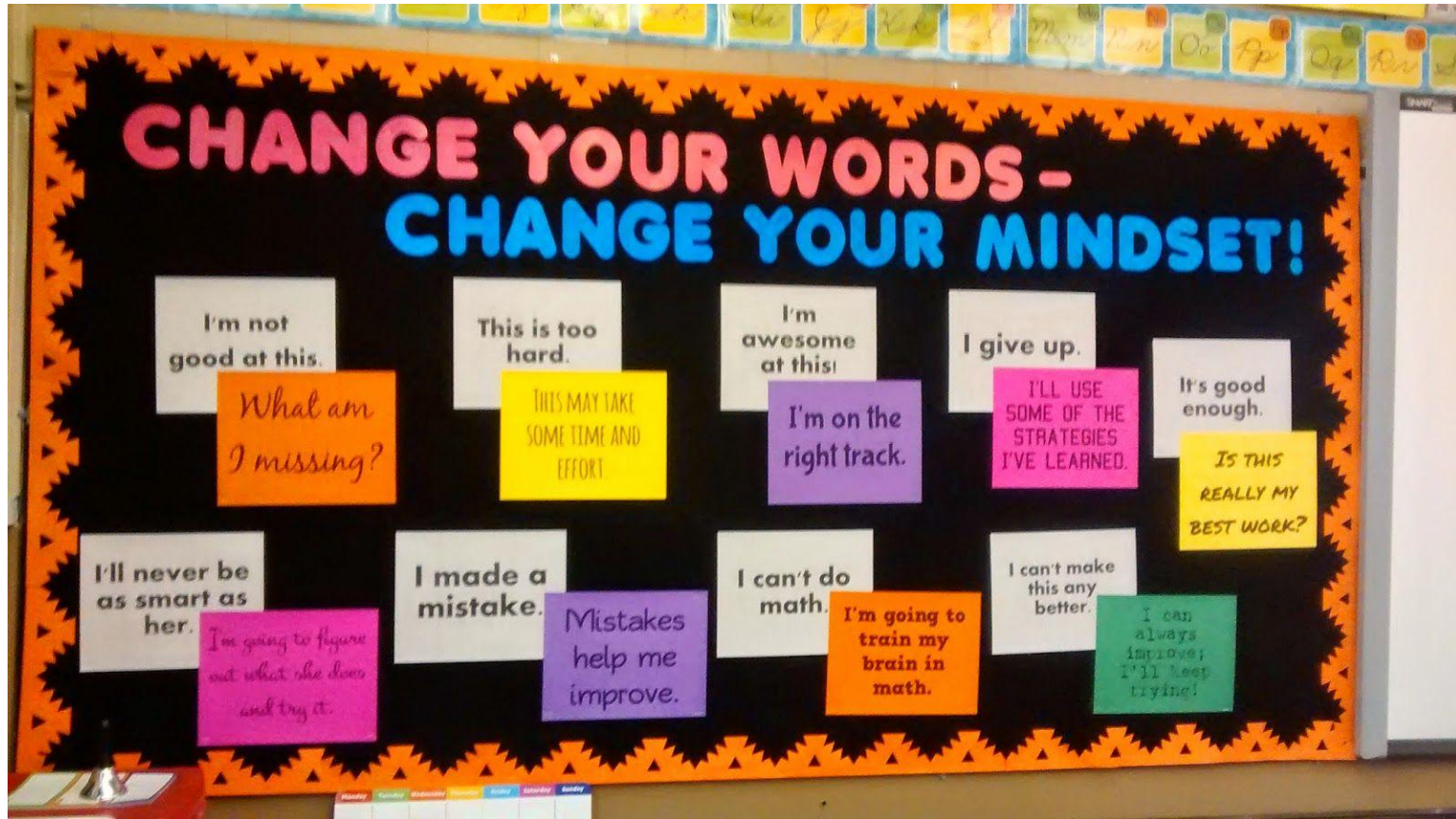
# DEVELOPING A GROWTH MINDSET

INSTEAD OF...	SAY THIS...
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them





# One Way We Share This Information in School



# How to Promote Growth Mindset at Home

To Help Develop a Growth Mindset In Your Child....

<b>Say This!</b>	<b>Not That!</b>
<b>"Wow! You really worked hard on this!"</b>	<b>"Look at how smart you are!"</b>
<b>"Why don't we try a different strategy?"</b>	<b>"Maybe you're just not very good at this. Let's do somethin else."</b>
<b>"I had fun watching you do that activity."</b>	<b>"Man, you're a real natural at this!"</b>
<b>"I know this is easy for you, but let's try something more challenging to help grow you brain!"</b>	<b>"You got that done so quickly! Great job!"</b>
<b>"I see you're having a hard time with this. You didn't get it the first try, so why don't we use a different strategy?"</b>	<b>"Nope! That's wrong! Try harder. Maybe if you paid more attention in class and tried harder, you'd get this."</b>
<b>"I know this was difficult, but your hard work paid off. Next time, we're ready for a real challenge!"</b>	<b>"That was way too hard. I'm glad it's over with. I hope we never have to do that again!"</b>

## For More Information...

**Mindset Kit:** The Mindset Kit is a free set of online lessons and practices designed to help you teach and foster adaptive beliefs about learning.

<https://www.mindsetkit.org/>