

# GROWTH MINDSET

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# WHAT IS MINDSET?

- A mental attitude that will determine how you will interpret and respond to situations.





# FIXED MINDSET:

- The notion that intelligence and talent alone will lead to success. People with a fixed mindset believe that these things are fixed and cannot be developed or improved upon. They believe that you are either born with it or not, and nothing can change that.





## GROWTH MINDSET:

- A concept developed by Carol Dweck, a Professor of Psychology at Stanford University. It is the belief that a person's abilities and intelligence can be developed through practice, hard work, dedication, and motivation.



# FIXED MINDSET VS. GROWTH MINDSET?

- [Growth Mindset vs. Fixed Mindset Video](#)



The background is a teal-to-blue gradient. In the corners, there are white line-art graphics of circuit boards with nodes and connecting lines.

**DO YOU HAVE  
A **FIXED** OR  
**GROWTH**  
MINDSET?**



# MEASURE YOUR MINDSET

## Mindset Quiz

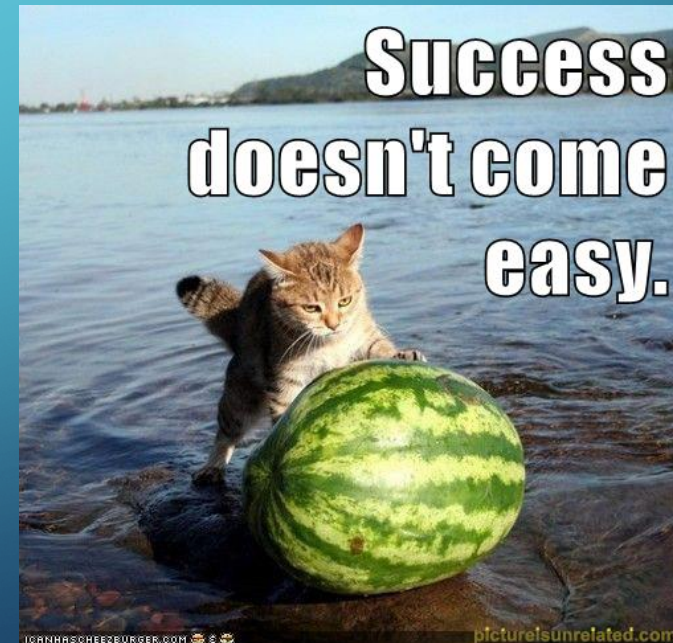
To what extent do you agree or disagree with these statements:

**Strongly Agree   Agree   Disagree   Strongly Disagree**

1. Intelligence is something people are born with that can't be changed.
2. No matter how intelligent you are, you can always be more intelligent.
3. You can always substantially change how intelligent you are.
4. You are a certain kind of person, and there is not much that can be done to really change that.
5. You can always change basic things about the kind of person you are.
6. Musical talent can be learned by anyone
7. Only a few people will be truly good at sports – you have to be “born with it.”
8. Math is much easier to learn if you are male or maybe come from a culture who values math.
9. The harder you work at something, the better you will be at it.
10. No matter what kind of person you are, you can always change substantially.
11. Trying new things is stressful for me and I avoid it.
12. Some people are good and kind, and some are not – it's not often that people change.
13. I appreciate when people, parents, coaches, teachers give me feedback about my performance.
14. I often get angry when I get negative feedback about my performance.
15. All human beings are capable of learning.
16. You can learn new things, but you can't really change how intelligent you are.
17. You can do things differently, but the important parts of who you are can't really be changed.
18. Human beings are basically good, but sometimes make terrible decisions.
19. An important reason why I do my school work is that I like to learn new things.
20. Truly smart people do not need to try hard.

# WHY IS HAVING A GROWTH MINDSET IMPORTANT?

- Research has shown that people who have a fixed mindset are more likely to:
  - Fear Failure
  - Give up on tasks they feel are too difficult
  - Ignore feedback
  - Avoid challenges
  - Feel threatened by the success of others



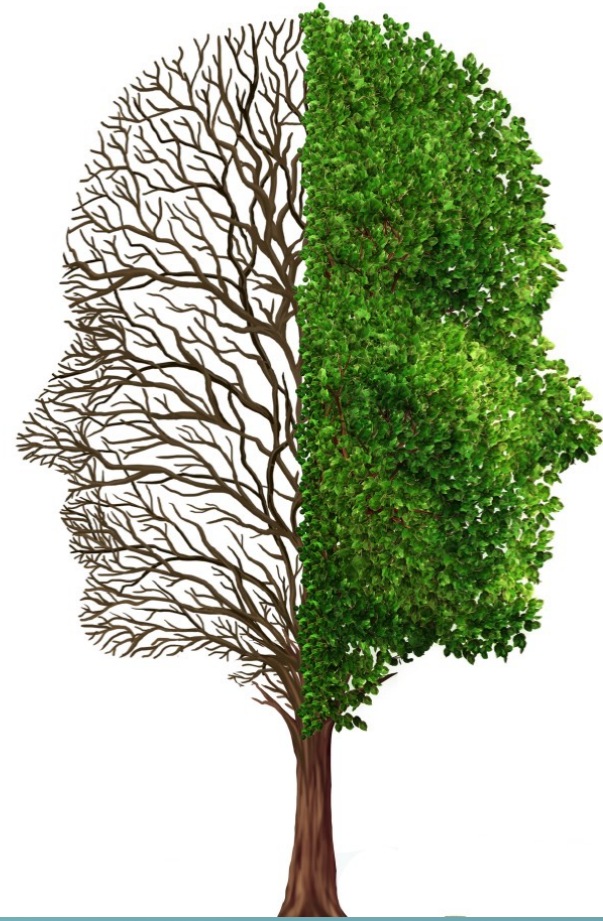


# PEOPLE WHO HAVE A GROWTH MINDSET ARE MORE LIKELY TO:

- Learn from their mistakes
- Be motivated to succeed
- Put forth more effort
- Take challenges head on
- Take risks
- Seek feedback
- Learn more
- Learn Faster

# ACTIVITY ONE: MINDSET SORT

As a group sort and match the phrases in two columns under growth mindset or fixed mindset.





# STEPS TO DEVELOPING A GROWTH MINDSET



## STEP 1:

Learn

Learn

Learn

## STEP 2:

Realize Hard

Work is the Key

## STEP 3:

Face Setbacks

# MINDSET STEP 1: LEARN LEARN LEARN

- **Fixed Mindset:** Look intelligent at all costs
  - “The main thing I want to do is show others how good I am.”
  - [First Day of Law School \(1:44\)](#)
- **Growth Mindset:** Learn Learn Learn
  - “It’s much more important for me to learn than to get top grades.”



# MINDSET STEP 2: REALIZE HARD WORK IS KEY

- **Fixed Mindset:** Learning should come naturally.
  - “My first year of teaching was really hard, I guess I am not cut out to be a teacher.”
- **Growth Mindset:** Putting a lot of effort into learning and working hard is key
  - “The harder I have to work at being a teacher, the more effort I put into it, the better I’ll be at teaching.”



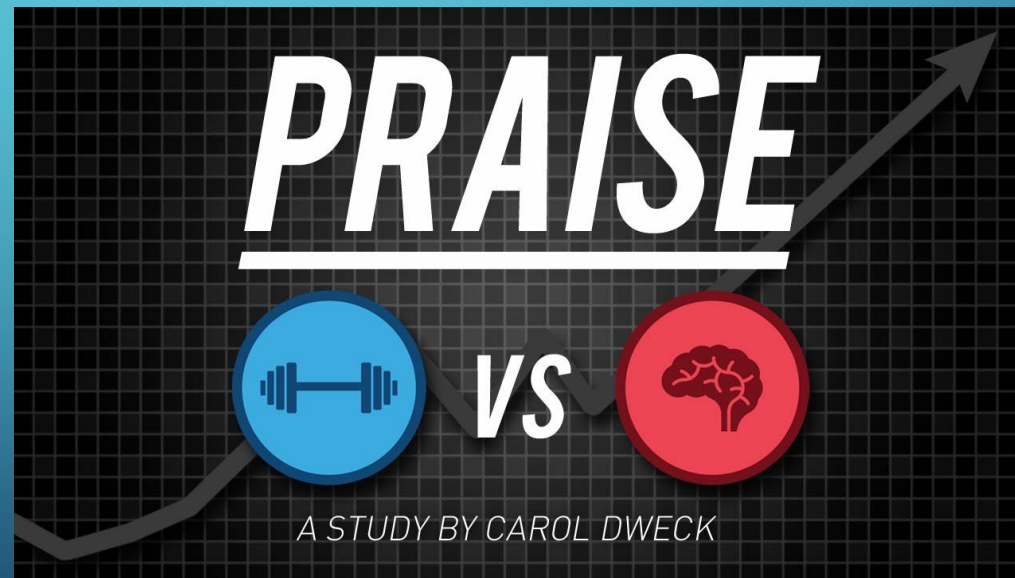
# MINDSET STEP 3: FACE SETBACKS

- **Fixed Mindset:** Hide mistakes and conceal deficiencies, retreat, blame others, act superior
  - “My lesson would have gone great if I didn’t have to deal with...(insert problem student’s name here) and if I wasn’t feeling under the weather.”
- **Growth Mindset:** Capitalize on mistakes and confront deficiencies
  - “This lesson was a fail. What can I learn from this experience to make it better next time?”



# GROWTH MINDSET STUDY

- [Praise: Intelligence vs. Effort Video](#)



# SOMETHING TO THINK ABOUT...

How are you going to praise the people in your life?

with

## Effort or Intelligence?



**EFFORT**

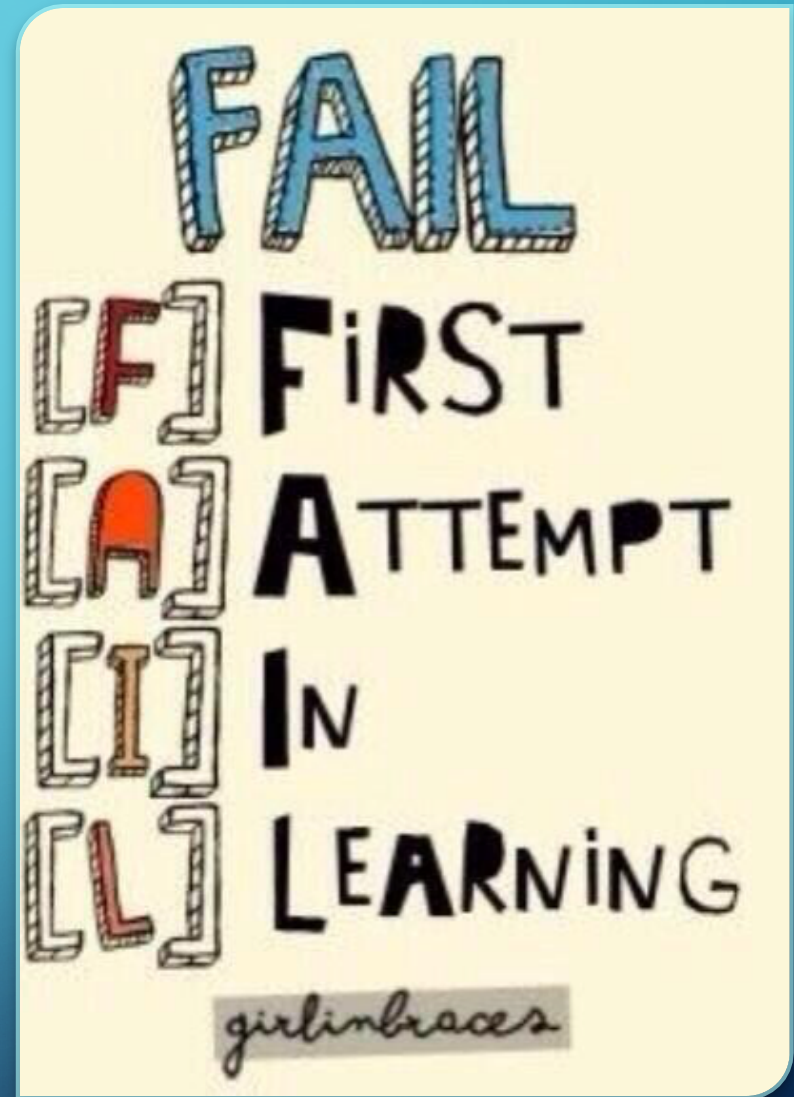


**INTELLIGENCE**



## ACTIVITY TWO: GROWTH MINDSET SHIFTS

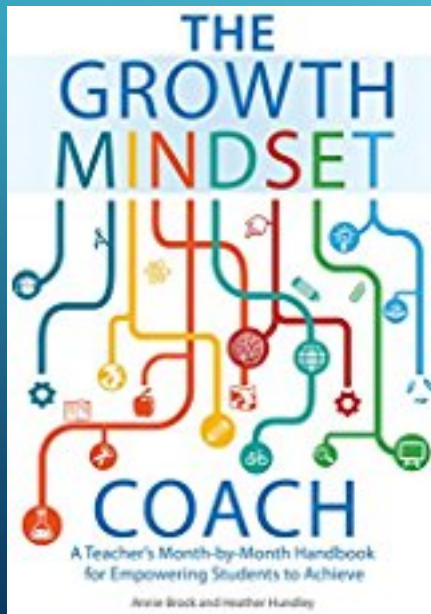
Directions: As a group, discuss your assigned fixed mindset statement. Determine how you can shift this statement into a growth mindset statement. Share with the whole group.



# GROWTH MINDSET SUMMMER READING

- The Growth Mindset Coach: A Teacher's Month by Month Handbook for Empowering Students to Achieve

- By: Annie Brock and Heather Hundley





# REFLECTION

- Instead of thinking...
  - “This isn’t optimal. I already know what it takes to be a good teacher. I wish I were in my room getting everything packed up so I can start my summer vacay.”
- Shift your thinking to....
  - “What did I learn about growth mindset during this presentation? How can I apply what I learned today in my personal and professional life?”

