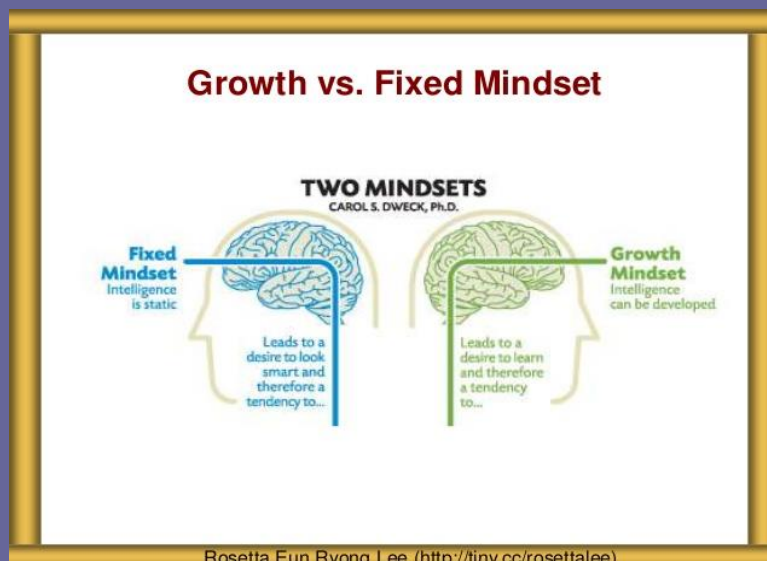


Growth Mindset

Basic definition (by Dr. Carol Dweck, a psychologist) :

- A **fixed mindset** means you believe that your qualities are carved in stone.
- A **growth mindset** is based on the belief that your basic qualities are things you can cultivate through your efforts.



Growth Mindset



Teacher's Mindset

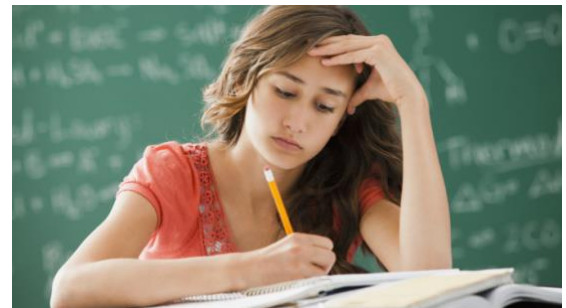
How do we use a growth mindset for ourselves?

For our students?

Failure and Success

How do we respond to it?

How do we make it a growth experience?



10 Growth Mindset Statements

What can I say to myself?

FIXED MINDSET (represented by a brick wall icon) **GROWTH MINDSET** (represented by a tree icon)

INSTEAD OF: **TRY THINKING:**

I'm not good at this.	1 What am I missing?
I'm awesome at this.	2 I'm on the right track.
I give up.	3 I'll use some of the strategies we've learned.
This is too hard.	4 This may take some time and effort.
I can't make this any better.	5 I can always improve so I'll keep trying.
I just can't do Math.	6 I'm going to train my brain in Math.
I made a mistake.	7 Mistakes help me to learn better.
She's so smart. I will never be that smart.	8 I'm going to figure out how she does it.
It's good enough.	9 Is it really my best work?
Plan "A" didn't work.	10 Good thing the alphabet has 25 more letters!

(Original source unknown)

@sylviaaduckworth

Help students

reframe their thoughts.

Practical Application



Regular Classroom Interactions

Regular is key. This shouldn't be random.

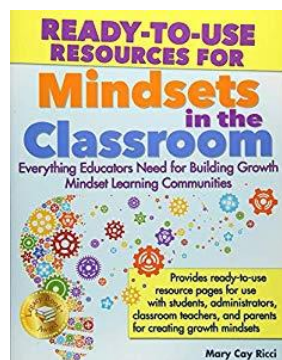
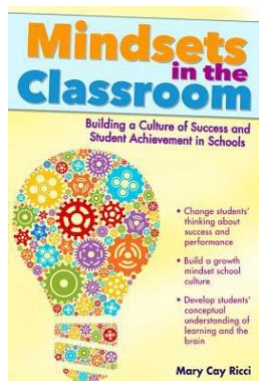
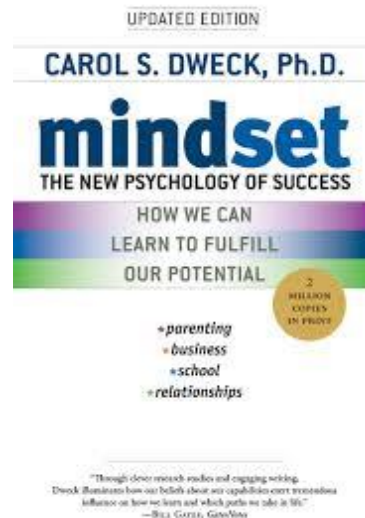
But always look for teachable moments as well.

- Bulletin boards and posters are not enough.
- Educate about how our brains work.
- Embrace the power of yet.
- Use videos, biographies, and picture books.
- Model growth mindset and share with students.
- Teach failure and mistakes in a positive way.
- Use constructive, growth mindset feedback.
- Educate/guide parents to a growth mindset.

One-on-one Coaching



Growth Mindset Resources



Mindset: The New Psychology of Success

By Carol S. Dweck, Ph. D.

Mindsets in the Classroom

By Mary Kay Ricci

More resources:

My Pinterest board “Growth Mindset”

<https://www.pinterest.com/hovlandinspired/>

Twitter: @StephHovland

FB page: www.facebook.com/StephenieHovlandWriter

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