

GROWTH MINDSET Presentation



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GROWTH recipe

People with a growth mindset believe that their most basic abilities can be developed through dedication and hard work.

They understand that effort is the key to success.

<https://www.youtube.com/watch?v=JC82Il2cjqA>

Goals of this Presentation

1. Understand the difference between a growth and fixed mindset
2. Establish a growth mindset classroom culture

Fixed or Growth Mindset?

Fixed or Growth Quiz

Intelligence=_____ effort + _____ natural ability

Fixed vs. Growth in a Nutshell

Fixed Mindset

Intelligence and talent are fixed at birth.

Growth Mindset

Intelligence and talent can go up or down.

Characteristics of Mindsets

	Fixed Mindset	Growth Mindset
Beliefs	My intelligence is a fixed trait.	My intelligence is a malleable quality.
Goals	I want to look smart.	I want to learn new things.
Effort	I had to work hard; how embarrassing.	I worked hard; I'm proud of it.
Failure	It is not my fault.	What can I learn from this?

Changing Our Mindset

Carol Dweck, world-renowned Stanford University psychologist, talks about the power of our mindset or our beliefs (especially around challenge). We can either have a Fixed Mindset where we let failure (or even success) define who we are, or a Growth Mindset where we see setbacks as opportunities to grow and improve ourselves. Just like how we learned how to walk... there are many stumbles along the way, but to reach our potential and live the life we desire, it takes practice and perseverance. We always have a choice about which view we adopt for ourselves... and it's never too late to change. What's your view?

It's up to you!



FIXED MINDSET

Belief that my intelligence, personality and character are carved in stone; my potential is determined at birth



GROWTH MINDSET

Belief that my intelligence, personality and character can be developed! A person's true potential is unknown (and unknowable).

<i>DESIRE</i>	Look smart in every situation and prove myself over and over again. Never fail!!	Stretch myself, take risks and learn. Bring on the challenges!
<i>EVALUATION OF SITUATIONS</i>	Will I succeed or fail? Will I look smart or dumb?	Will this allow me to grow? Will this help me overcome some of my challenges?
<i>DEALING WITH SETBACKS</i>	"I'm a failure" (identity) "I'm an idiot"	"I failed" (action) "I'll try harder next time"
<i>CHALLENGES</i>	Avoid challenges, get defensive or give up easily.	Embrace challenges, persist in the face of setbacks.
<i>EFFORT</i>	Why bother? It's not going to change anything.	Growth and learning require effort.

Discussion Questions

Think-Pair-Share

1. What are the most significant issues you have with the **mindset** of students at your school?
2. Describe the culture you want to set in your classroom. List your expectations and classroom philosophy

Carol Dweck

dweck@stanford.edu

- Dweck has done research over the last 30 years with children and young adults in the USA
- She is particularly interested in how students view themselves as learners
- The student's self-theory is likely to have a major effect on their self-belief, their motivation to learn, and their resilience

GM Myths

1. It's a simple concept
2. All fluff, pie in the sky thinking
3. All that matters is working hard
4. When promoting this concept we should use the word growth mindset a lot

How to Implement in the Classroom?

1. Explain the Mindsets

- provide the survey
- Explain the fixed/growth chart

2. Reinforce Growth

- Quote of the Week
- Daily Journal (Social Scientist)
- Use growth mindset quote sheet
- Show short growth mindset video clips
- Put up growth mindset charts in the classroom

How to Implement in the Classroom?

3. Daily Teaching Practices

- Align with your classroom expectations
- Use praise coherently with the growth mindset model
- Align assessment feedback to growth mindset language

4. Student Reflections

- Effort Rubric
- Mindset Journal

Philosophy of a Growth Mindset Classroom

Sterner

McHenry Mindset - Attitude, Effort, Respect

Niemic

- ❑ Choose Your Attitude
- ❑ No Excuses
- ❑ Don't Blame Others

Lunk

Respect, Accountability, Willingness to Learn

Philosophy of a Growth Mindset Classroom

Jessica

Carla

Growth Mindset Video

Dr. Angela Duckworth: Grit

<https://www.youtube.com/watch?v=H14bBuluwB8>

REALIZE HARD WORK IS A KEY TO GROWTH

“The harder I have to work at something, the more effort I put into something, the better I’ll be at it”

Seems simple right?

... then why is this a pressing issue daily with our students?

GRIT video discussion

In Duckworth's studies, talent and grit are often inversely correlated, meaning, the more talent, the less grit and vice versa.

The same inverse relation has been observed anecdotally. Why?

Grit also includes perseverance and hard work.

How do we instill grit in our students in this age of instant gratification?

What does a Growth Mindset School look like?

Administrators support teachers' learning. They are responsive to honest feedback, rather than defensive. They seek to build their skills, and are willing to learn from their teachers.

Teachers collaborate with their colleagues and instructional leaders, rather than shut their classroom doors and fly solo. They strive to strengthen their own practice, rather than blame others. They truly believe that all students can learn and succeed—and show it.

Parents support their children's learning both inside and outside the classroom. They partner with teachers, and respond to outreach. They worry less about advocating for their children to get good grades and focus on making sure kids are being challenged and put in the effort needed to grow.

Students are enthusiastic, hard-working, persistent learners. They take charge over their own success.

The use of *PRAISE*

Carol Dweck: A Study on Praise and Mindsets

<https://www.youtube.com/watch?v=NWv1VdDeoRY>

- Switch from praise for intelligence or achievement to praise for effort
- Praise the process, rather than the product
- Give positive feedback (maybe negative feedback if the effort is poor)

IN CONCLUSION (and you all moving forward) ...

How do we move our pupils from FIXED Learners to GROWTH Learners?

- ☐ Teachers are GROWTH learners – need to be good role models
- ☐ Essential that we show them we believe their intelligence is not fixed
- ☐ We need to make them believe they can improve
- ☐ We need to ensure they know how to improve
- ☐ Collaborative classroom environment where pupils take responsibility for their own learning
- ☐ Pupils understand the Growth Mindset and how it can help them

Helpful Growth Mindset Websites

1. Ten Tips to Develop a Growth Mindset in your Classroom

<http://deeplearning.edublogs.org/2014/08/03/top-ten-tips-for-developing-a-growth-mindset-in-your-classroom/#.VK12GmTF8me>

2. Growth Mindset Videos

<http://www.mindsetworks.com/webnav/videogallery.aspx#FosteringGrowthMindsets>

https://www.youtube.com/results?search_query=growth+mindset

3. Creating a Growth Mindset in Your Students

<http://www.thoughtfullearning.com/blogpost/get-smart-become-talent>