

Mindset

*Much of what you think of as your personality actually grows out of your “mindset.”
Much of what is preventing one from fulfilling his/her potential grows out of one’s thoughts.*

- ▶ Recognize the mindset that is guiding your life
- ▶ Understand how it works
- ▶ Change it if you wish

Fixed Mindset	Growth Mindset
<ul style="list-style-type: none"> • Creates an urgency to prove yourself 	<ul style="list-style-type: none"> • Based on the belief that your basic qualities are things you can cultivate through your efforts
<ul style="list-style-type: none"> • Your intelligence is something basic about you that you cannot change 	<ul style="list-style-type: none"> • No matter how intelligent you are, you can always make changes
<ul style="list-style-type: none"> • You are a certain kind of person, and there is nothing you can do to change 	<ul style="list-style-type: none"> • No matter what kind of person you are, you can always change substantially.
<ul style="list-style-type: none"> • Being smart is about immediate perfection 	<ul style="list-style-type: none"> • Being smart is about learning something over time
<ul style="list-style-type: none"> • Failure defines you 	<ul style="list-style-type: none"> • Failure provides an opportunity to learn
<ul style="list-style-type: none"> • If you have to work at something, you must not be good at it 	<ul style="list-style-type: none"> • You have to work hardest for the things you love the most
<ul style="list-style-type: none"> • Defiant when challenged 	<ul style="list-style-type: none"> • Thrives on challenges - they provide an opportunity to learn and become more
<ul style="list-style-type: none"> • Controlled by circumstances 	<ul style="list-style-type: none"> • Take charge of personal motivation, commitment and learning

You can change your mindset!
Success is about learning.
Effort is what makes you smart or talented.

Adapted from *Mindset* by Carol S. Dweck, Ph.D.

Mindset – Parental Responses

“Parents think they can hand children permanent confidence – like a gift – by praising their brains and talent. It doesn’t work, and in fact has the opposite effect. It makes children doubt themselves as soon as anything is hard or anything goes wrong. If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.”

Fixed Responses	Growth Responses
<ul style="list-style-type: none"> You learned that so quickly! You’re so smart! 	<ul style="list-style-type: none"> You worked really hard to learn the material. Your hard work paid off!
<ul style="list-style-type: none"> Look at that artwork. You are a real Picasso! 	<ul style="list-style-type: none"> I love all the beautiful colors, shapes, and patterns used in your picture! Tell me about them.
<ul style="list-style-type: none"> You are so smart! You got an A without studying! 	<ul style="list-style-type: none"> You have learned some great strategies to help you understand the material. Some things come easier to you than others. Your efforts have paid off.
<ul style="list-style-type: none"> Wow! You did that perfectly and didn’t make any mistakes! 	<ul style="list-style-type: none"> Your hard work has brought you a long way. Now, challenge yourself!
<ul style="list-style-type: none"> Don’t worry about this test. We know how smart you are. You know the material. You’ll be fine! 	<ul style="list-style-type: none"> We know you have worked hard and you care about your learning, as we do too.
<ul style="list-style-type: none"> We know you are the best at _____ and will win next time. Don’t take it too seriously. 	<ul style="list-style-type: none"> If you want to do your best and be able to excel, you may need to work/practice a little harder/longer to get there.
<ul style="list-style-type: none"> This work is awful. Can you ever get it right? 	<ul style="list-style-type: none"> I know this homework may be tedious and uninteresting, but can you stay on task and get through the whole assignment?

Stifle Growth By...	Promote Growth By...
<ul style="list-style-type: none"> Protecting children from constructive feedback. 	<ul style="list-style-type: none"> Providing constructive feedback about their performance to help them learn.

“Test scores and measures of achievement tell you where a student is, but they don’t tell you where a student can end up.”

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