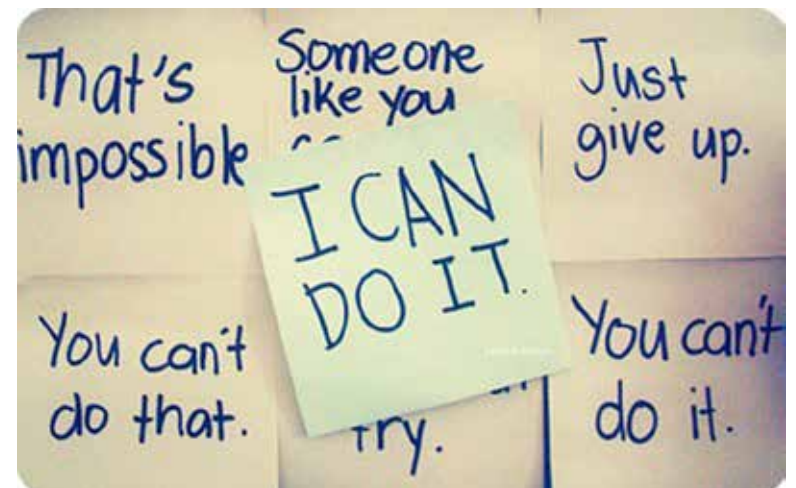


## Growth Mindset



Brad Bestor  
*College and Career Readiness  
Coordinator*  
KMHS

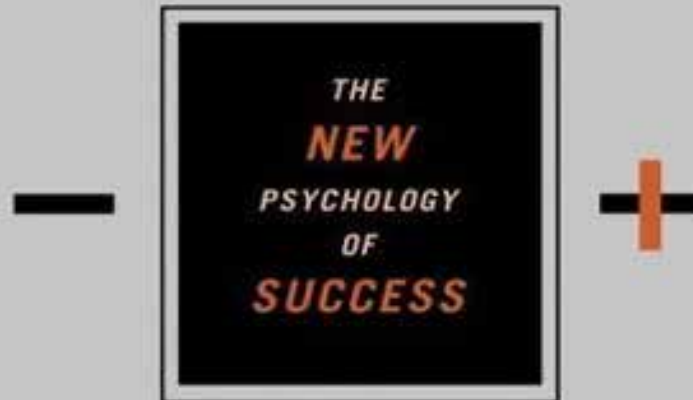
YOU HAVE ONLY  
**FAILED**  
IF YOU  
HAVE  
**GIVEN  
UP**  
*Until then, it's learning*



# CAPTAIN OBVIOUS



# MINDSET



CAROL S. DWECK, PH.D.

- What is Growth Mindset?
- Me
- Failure is OK!
- Attitudes of mindset
- Choose your words carefully

# #youcanlearnanything

Intro:

<https://www.youtube.com/watch?v=JC82II2cjqA>

What is Growth Mindset? Carol Dweck:

<https://www.youtube.com/watch?v=wh0OS4MrN3E>

What's all  
this  
mindset  
business?

§ Mindset is a simple idea discovered by world-renowned Stanford University psychologist Carol Dweck in decades of research on achievement and success—a simple idea that makes all the difference.

§ 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.



§ 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.

WHY AM I  
UP HERE?



1982



1988



1989

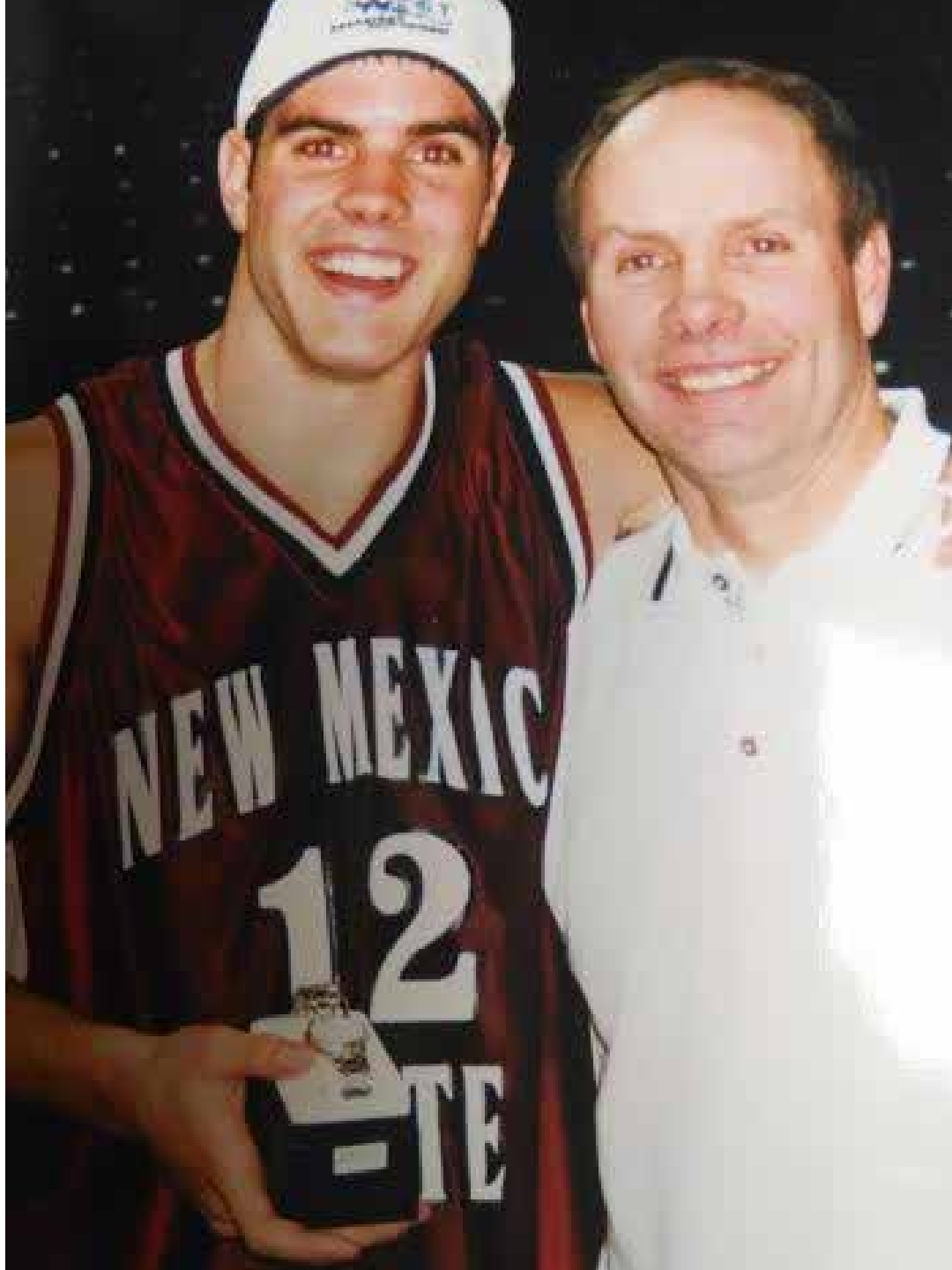


501

251

1998





1999



2001-2014

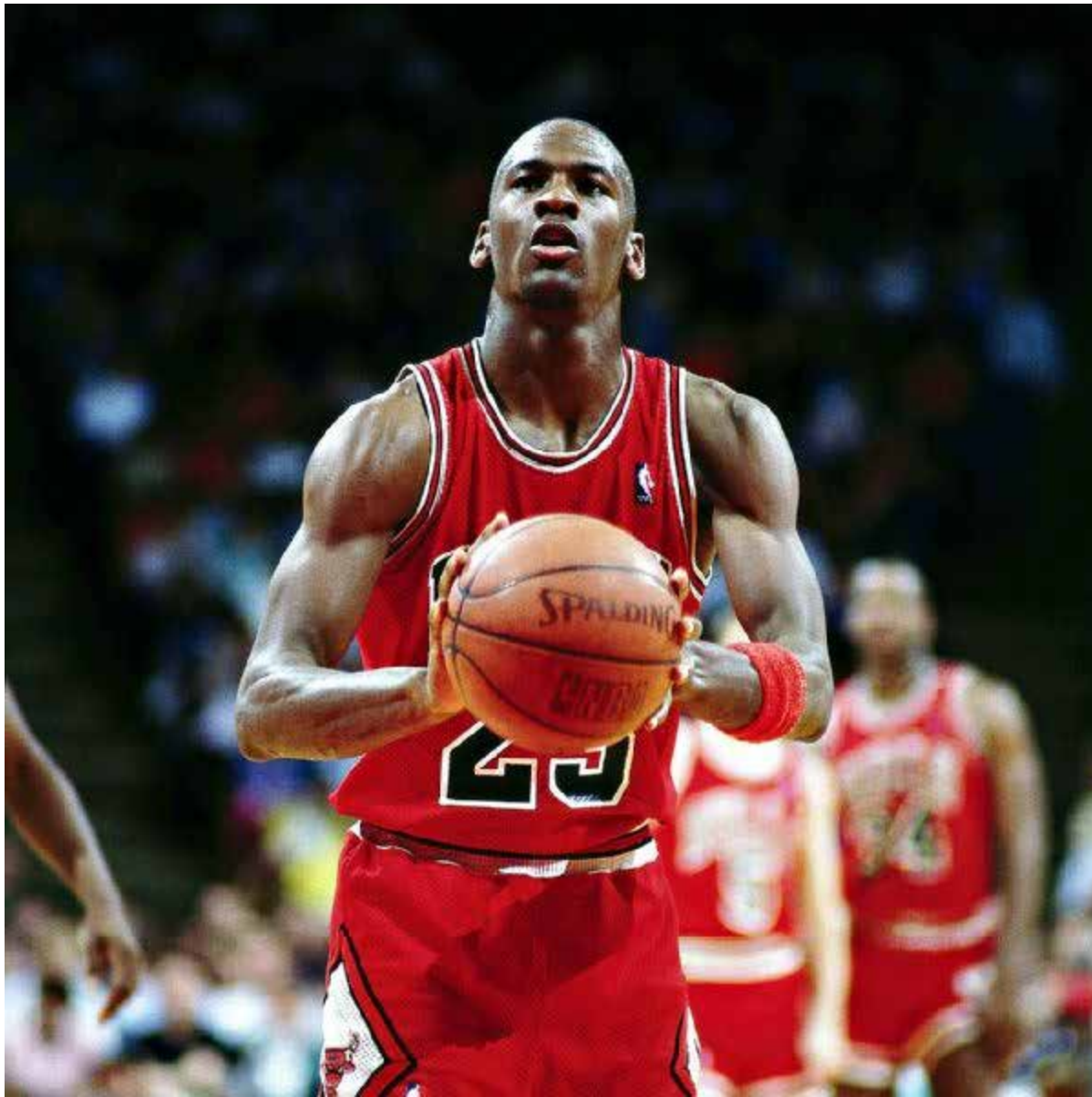


2014



§ FAILURE





<https://www.youtube.com/watch?v=JA7G7AV-LT8>

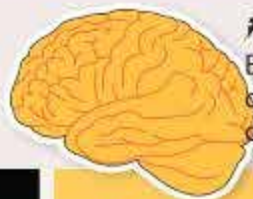


§ <https://www.youtube.com/watch?v=pN34FNbOKXc>

# 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).

<b>DESIRE</b>	Look smart in every situation and prove myself over and over again. Never fail!!	Stretch myself, take risks and learn. Bring on the challenges!
<b>EVALUATION OF SITUATIONS</b>	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?
<b>DEALING WITH SETBACKS</b>	"I'm a failure" (identity) "I'm an idiot"	"I failed" (action) "I'll try harder next time"
<b>CHALLENGES</b>	Avoid challenges, get defensive or give up easily.	Embrace challenges, persist in the face of setbacks.
<b>EFFORT</b>	Why bother? It's not going to change anything.	Growth and learning require effort.
<b>CRITICISM</b>	Ignore constructive criticism.	Learn from criticism. How can I improve?
<b>SUCCESS OF OTHERS</b>	Feel threatened by the success of others. If you succeed, then I fail.	Finds lessons & inspiration in other people's success.
<b>PERFORMANCE</b>	Plateau early, achieve less than my full potential	Reach ever higher levels of achievement



**We need to choose  
our words  
carefully!!!**

“You learned that so quickly!  
You’re so smart!”

“Look at that drawing.  
Martha, is he the next Picasso  
or what?”

“You’re so brilliant, you got an  
A without even studying!”

If you're like most parents, you hear these as supportive, esteem-boosting messages. But listen more closely. See if you can hear another message. It's The ones that children hear:

“If I don’t learn something quickly, I’m not smart.”

“I shouldn’t try drawing anything hard or they’ll see I’m no Picasso.”

“I’d better quit studying or they won’t think I’m brilliant.”

## § **We need to praise:**

§ Effort

§ Strategies that lead towards success

§ Resilience

## § **We should not praise:**

§ Intelligence, “cleverness” or innate talent

**YET**

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# Power of Praise

§ [https://www.youtube.com/watch?v=TTXrV0\\_3UjY](https://www.youtube.com/watch?v=TTXrV0_3UjY)

# How Do We Help Our Kids Move from Fixed to Growth Mindset?

- § Parents can role model Growth Mindset—live it.
- § Essential that we show them we believe their intelligence and other abilities, including athleticism, **is not fixed**
- § We need to make them believe they can improve
- § We need to ensure they know how to improve
- § Home environment where kids take responsibility for their own learning
- § Kids must understand the Growth Mindset and how it can help them in all of their efforts.



# LAST WORDS:

<https://www.youtube.com/watch?v=P0zVPZBykSE>

§ Resources:

§ <http://mindsetonline.com/>

§ <https://www.youtube.com/playlist?list=PLNmKy7txCg734kgZkgEh3AeBORWbbhajW>