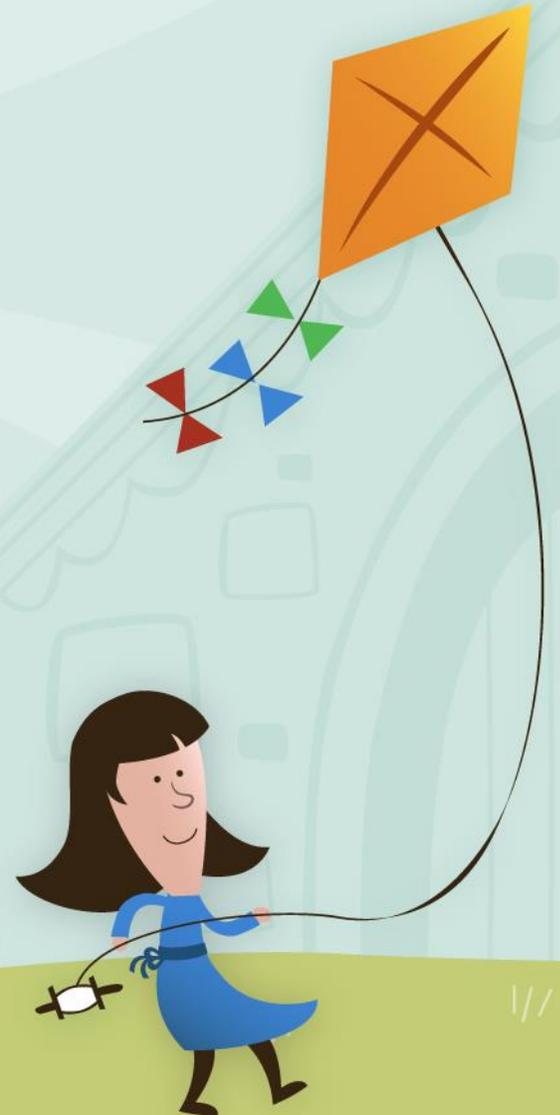


# Growth Mindset

Fostering a Learning Mindset in Children



# Presentation Learning Goals

- Understanding Growth Mindset
  - Growth vs. Fixed Mindset
  - Confronting Mindsets
- Building Growth Mindsets
- Understanding Balance



## Fixed Mindset

Intelligence is static.

Leads to a desire to *look smart* and therefore a tendency to

- **avoid challenges**
- **give up easily due to obstacles**
- **see effort as fruitless**
- **ignore useful feedback**
- **be threatened by others' success**

Fixed Mindset

## Growth Mindset

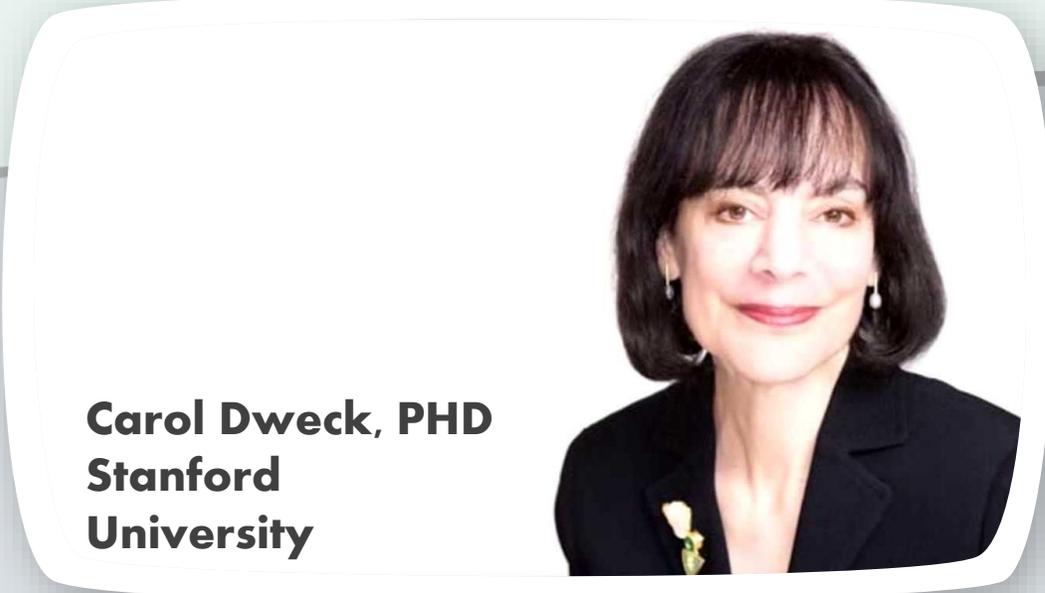
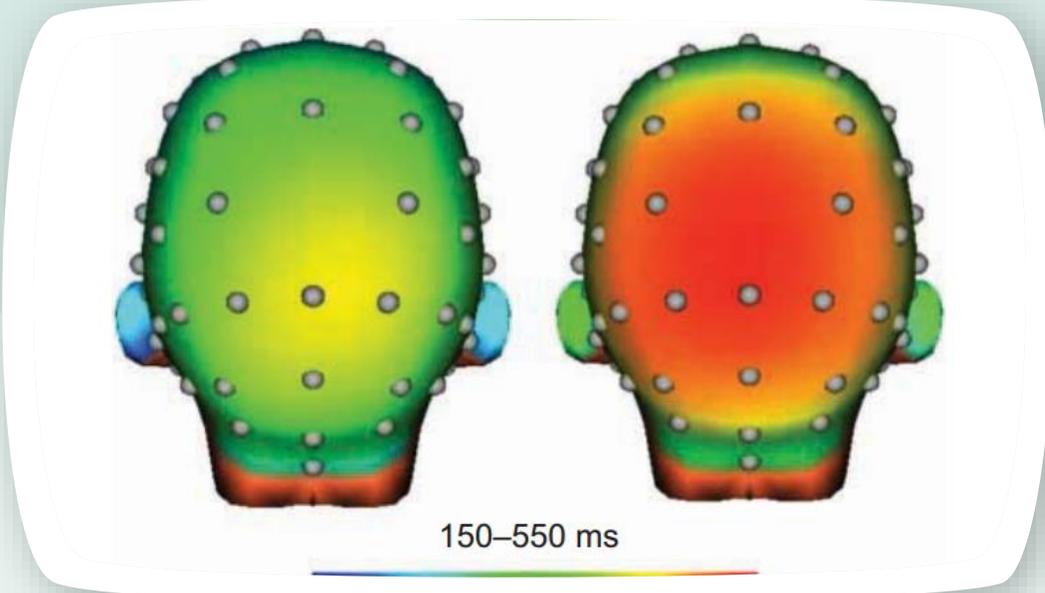
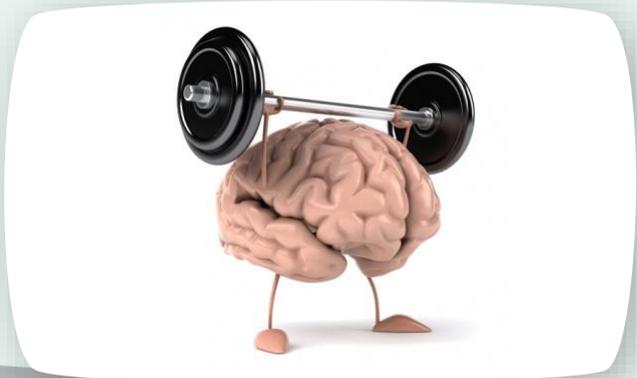
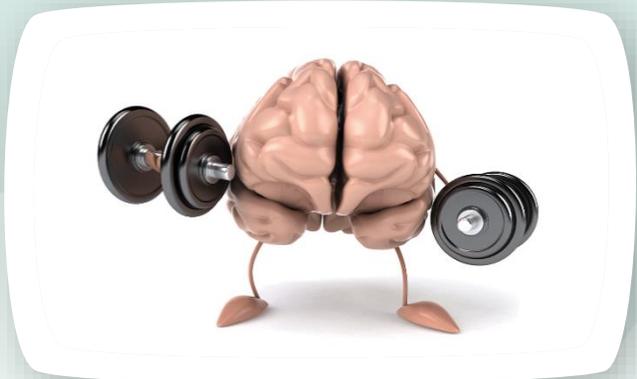
Intelligence can be developed.

Leads to a desire to *learn* and therefore a tendency to

- **embrace challenges**
- **persist despite obstacles**
- **see effort as path to mastery**
- **learn from criticism**
- **be inspired by others' success**

Growth Mindset

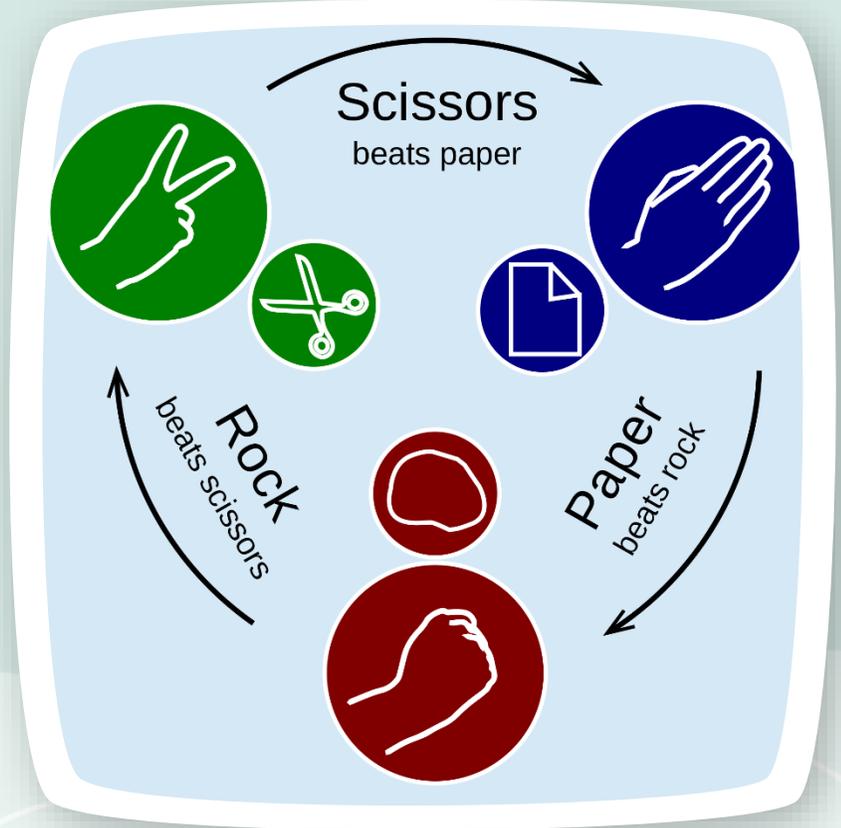






Let's Play  
A Game





The Rules



The Format



# Building Growth Mindset

*Keeping our Eyes open and Minds on.*



# The Brain works like a Muscle

- Brains build understanding (“grow”) by creating synaptic pathways
- Brains grow through
  - Hard work
  - Determination
  - Practice
- Parents can start teaching this idea once children understand that physical activity grows our body in a healthy way



# Don't tell children they are:

- **Smart**
- **Gifted**
- **Talented**
- *Implies that they are 'born with it'*
- *Doesn't encourage growth*
- *Encourages a 'reap the rewards' mindset*



# Process vs Results

## Process: Praise

- Identify steps your child took to achieve the result
- Discuss with them about what steps were hardest; ask what they did to overcome the challenge



## Results: Don't Praise

- Implies that the process (effort, determination, resiliency) is less important.
- Measurements (test scores, sporting outcomes, artistic evaluations) can limit growth beyond the measure.



# Supporting Our Classrooms

## Encourage Groupwork

- Encourage your children that learning is about everyone deepening their understanding
- Learning isn't competitive
- A strong tide raises all boats



## Encourage Concepts and Competencies

- Help your child understand that
  - Getting the 'right' answer isn't the point.
  - Learning the present concept is important because it will help them learn new things in the future



# Embrace Mistakes

- “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. That way, their children don’t have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.”  
-Carol Dweck



# Change our Language

<b>INSTEAD OF.....</b>	<b>TRY THINKING....</b>
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them



# Acknowledge our Mindsets

- All humans are on a spectrum of fixed and growth mindset
- Watch out for our own fixed mindsets:
  - When criticized, are you defensive?
  - When children aren't listening, do you feel defeated? Frustrated?
  - When things go wrong, do you seek an excuse?
  - When things go well for others, are you envious?

- *Carol McKay*





Whether you  
think you can or  
think you can't –  
you are right.

– Henry Ford



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