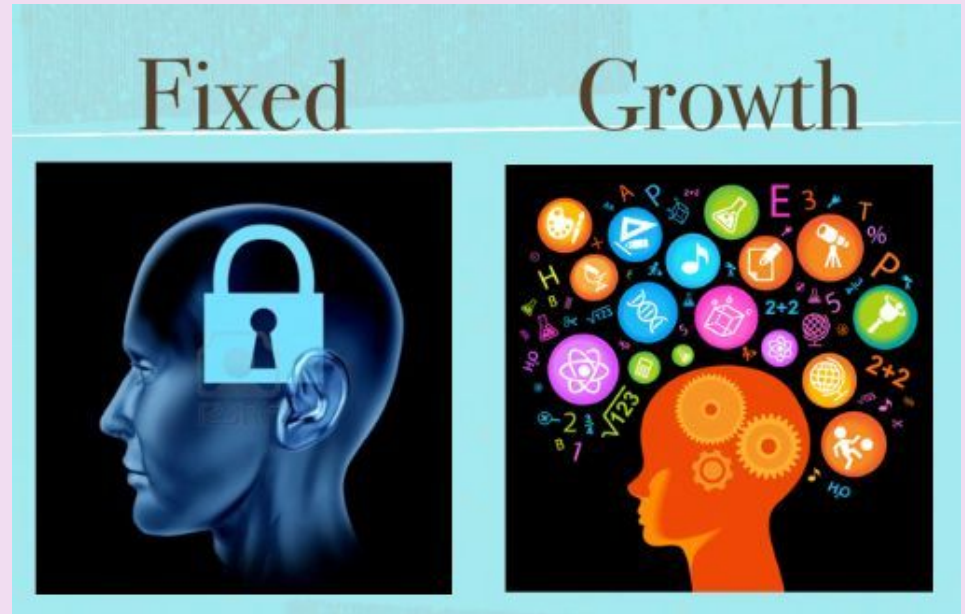
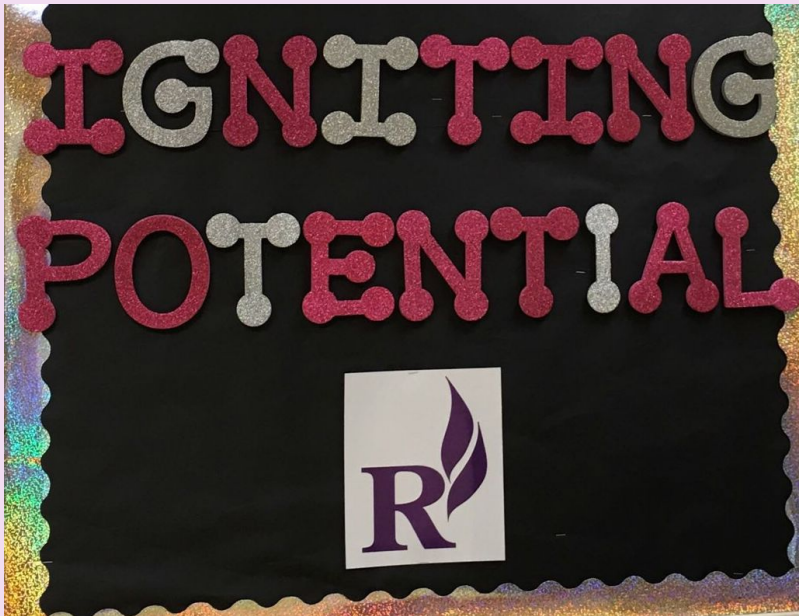


Igniting Potential in 2017!

Mindset: Growth vs. Fixed

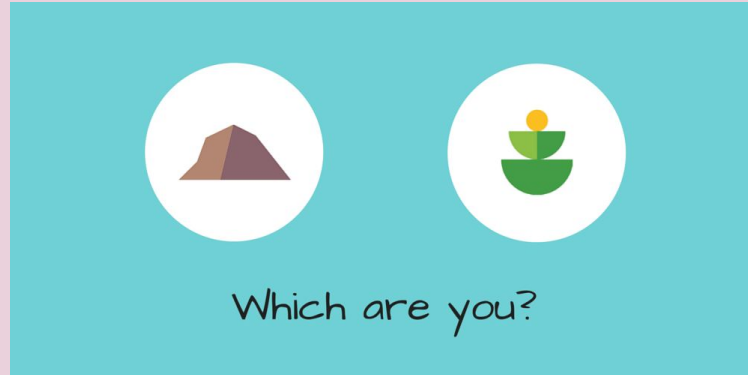
Presented by:

Shari Feeney, Jennifer Gibbons, Nancy Pearson, and Jessica Piernik



Parent Participation Task

Let's take a quiz...what is your mindset?



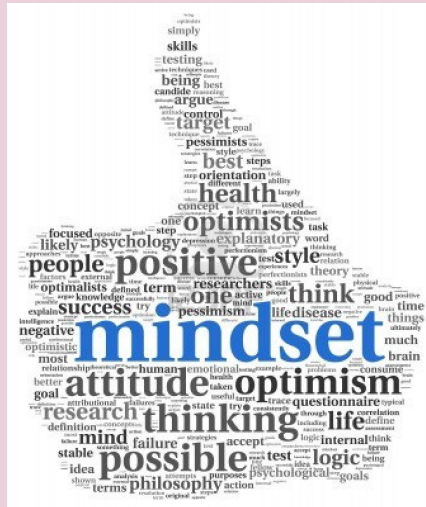
<http://www.edpartnerships.org/sites/default/files/events/2016/02/Mindset%20Quiz.pdf>

Hold on to your quiz, we will share the rubric to score it in a bit.

What is Mindset?

According to leading researcher, Dr. Carol Dweck:

- Tradition in psychology that shows the power of one's beliefs
- What you "think" about your personality, intellectual skills, human qualities



Types of Mindset

Growth Mindset

Intelligence can be trained; the brain is a "growth" organ

Student focus on learning new concepts and competence

Work hard, effort is key, select more difficult tasks

Confront deficiencies, capitalize on mistakes

Increase in performance and decrease in negative emotions

Fixed Mindset

Intelligence is a fixed trait

Student focus on grades; stronger focus on right vs wrong

Natural talent, select easier tasks

Conceal deficiencies, hide mistakes

Both success and failure can cause anxiety

Parent Participation Task

Can you identify types of mindset?

- Miss Sue in *The Blind Side*
 - <https://www.youtube.com/watch?v=38Xuz-r8Q5U>
- Wonders of Science in *Cloudy with a Chance of Meatballs 2*
 - <https://www.youtube.com/watch?v=KteCPHOc2ko>

Time to revisit your quiz, what is your mindset?

Quiz Answers

Score your quiz, using key provided

Strong Growth Mindset = 45 – 60 points

Growth Mindset with some Fixed ideas = 34 – 44 points

Fixed Mindset with some Growth ideas = 21 – 33 points

Strong Fixed Mindset = 0 – 20 points

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.



Growth Mindset
The Force

Because you are
eager to learn you
are happy to have a
go and...

Embrace challenges

**Keep going even when
it's hard**

**See effort as the
journey to success**

Learn from criticism

**Are inspired by the
success of others**

Fixed Mindset
The Dark Side

Because you are
afraid of looking silly
and getting things
wrong you...

Avoid challenges

**Give up easily when it's
hard**

**See effort as a waste of
your time**

Ignore useful feedback

**Feel threatened by
other people's success**

Why is mindset so important?

- Actualizes how we can learn to fulfill our **potential**
 - Capacity to develop one's skills with effort
- Builds a culture of success and achievement
- Cultivates psychosocial skills
 - 75% of achievement is attributed to psychosocial skills
- Develops student understanding of neural networks in the brain

Psychosocial skills

- Perseverance
 - Consciously select difficult tasks, try new strategies to conquer a learning concept
- Grit
 - Distinct combination of passion, resilience, determination, and focus that allows a person to maintain the discipline and optimism to persevere in their goals even in the face of discomfort, rejection, and a lack of visible progress for years, or even decades.
 - Angela Duckworth, Grit Scale for self evaluation
 - <http://angeladuckworth.com/grit-scale/>
- Resiliency
 - Bounce back from a less than successful performance or failure
- Learn from Failure
 - Mistakes should be considered data
 - Famous Failures - <https://www.youtube.com/watch?v=zLYECIjmnQs>

With these, students can set goals to maximize their potential!

The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE DON'T SEE

Dedication



Hard work



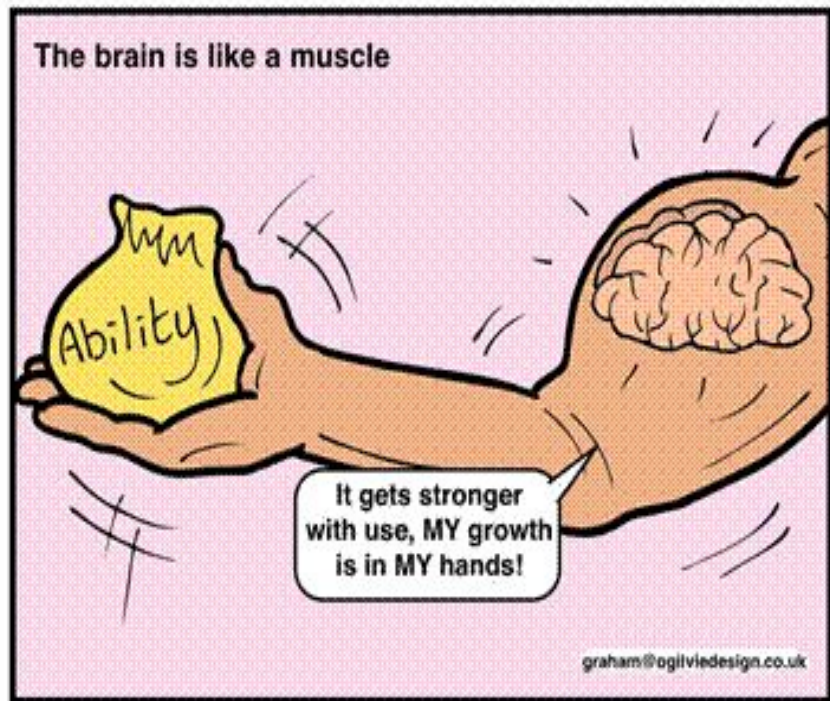
Good habits



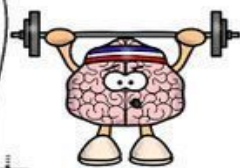
@sylviaaduckworth

Neural Networking

- It is important to teach students about their brains.
 - Increase in motivation, willingness to accept challenges, healthier reaction to failure, understanding of their **potential**
 - Dweck's original study included students visualizing their neural connections and how this helped them to move forward.
- Every brain has an elastic (neuroplasticity) quality to it; thereby, it is possible to "grow" your brain and get smarter each day.
 - Try new things, keep trying until you can, understand that your efforts and mistakes help you to learn
 - Embrace the power of "Yet"
 - <https://www.youtube.com/watch?v=ZyAde4nIIm8>



I am not **AFRAID** of a **CHALLENGE!**



I can **TRAIN** my **BRAIN** to do it!



I can't do it **YET...** with **EFFORT** I can!



My **MISTAKES** help me **GROW!**

Supporting a Growth Mindset Through Praise

- Praise effort, not intelligence
 - 90% of students who are praised for effort choose more challenging tasks
 - Students show higher levels of engagement and achievement
 - Students will embrace persistence in the face of setbacks and think “outside of the box”
 - Students view effort as success, not a grade
 - Students show drive to reach their greatest **potential**



Impact of Praise on Resilience After Failure



What does this type of praise look like?

“The wrong kind of praise creates self-defeating behavior. The right kind motivates students to learn.” Carol Dweck

- “You must have tried really hard.”
- “I love that you kept trying, even when it was difficult!”
- “I like how you tried all different strategies to find a solution to the problem.”
- “I like the effort you put in; let’s work together now to figure out what you don’t understand.”

Growth Mindset and Teachers

- Differentiated, responsive instruction
 - Meeting the needs of students from the beginning of an instructional sequence
 - Equitable opportunities for growth without academic ceilings or a “label”
 - Formal and informal assessment (example/ Frayer Model)
 - Seeking out **potential** in students who may not demonstrate strengths in a traditional manner
- Class expectations or classroom contracts that use language that embraces the growth mindset

In this class.....

We all have different starting points.

We can all learn from one another.

We can all make progress.

We will value our mistakes because we can learn from them.

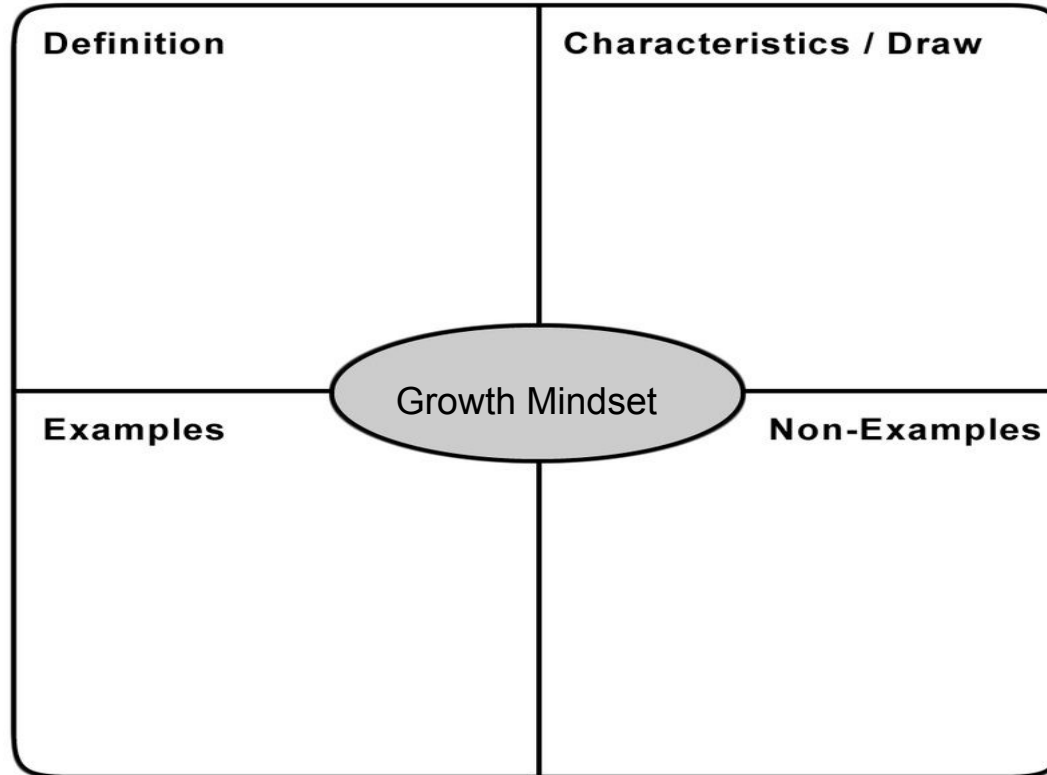
We will choose tasks that challenge us because this is how we develop our skills and understanding.

We will keep trying even when we are finding a task difficult because this is how we make progress.



Parent Participation Task

Frayer Model



Growth Mindset and Parents

- Recognize fixed mindsets in yourself (think back to how you scored on the quiz).
 - Make adjustments to embrace growth mindset qualities
 - Model these for your children
- Use the right types of praise when talking to your children about academics, athletics, and other interests, hobbies, activities.
 - According to a survey conducted by Columbia University, 85% of American parents think it's important to tell their kids that they're smart
- Help your child to understand and accept that mistakes and failure are an important part of the learning process, perfection is NOT expected.
- Avoid comparing your child with siblings or friends. Achievement is not a competition.
- Discuss the **potential** you see in your child and cultivate psychosocial skills to develop this.
- Adopt the word "YET" into your vocabulary.

Growth Mindset and Parents Resources

- Parent Take Away - 7 card flip set, “Creating a Growth Mindset at Home” - *Mindsets in the Classroom*, Mary Cay Ricci
- NY Magazine - “How to Not Talk to Your Kids”
 - <http://nymag.com/news/features/27840/>
- ABC News - “Why Praise Can Be Bad for Kids”
 - <http://abcnews.go.com/GMA/AmericanFamily/story?id=2877896&page=1>
- *Mindset: The New Psychology of Success*, Carol Dweck
- *Grit: The Power of Passion and Persistence*, Angela Duckworth
- The New Yorker - “The Talent Myth”, Malcolm Gladwell
 - <http://gladwell.com/the-talent-myth/>



The Power of “Yet”

- To end on a positive note...

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



THE POWER OF **YET**

I can't do this...*yet.*
This doesn't work...*yet.*
I don't know...*yet.*
It doesn't make sense...*yet.*
I don't get it...*yet.*
I'm not good at this...*yet.*