



**Growth
Mindset**

Growth Mindset

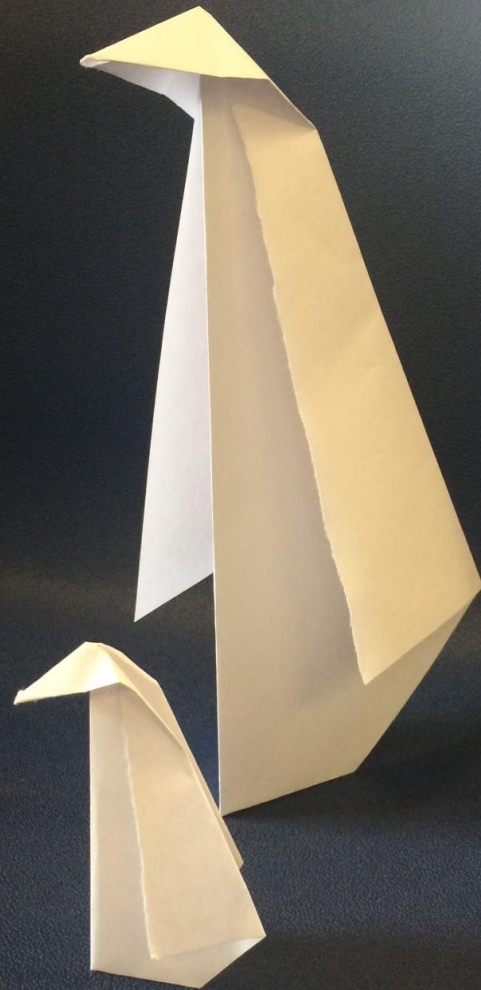


**Fixed
Mindset**

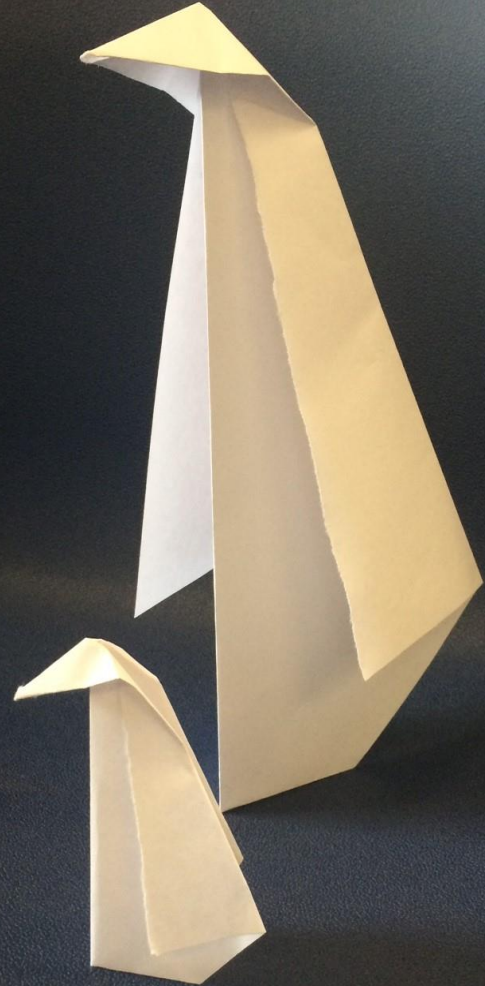
Questions

- Think of 3 questions you might want to find out about Growth Mindset.

Your challenge is to create an origami penguin from the sheet of paper in front of you. Good luck!



?



Did you give up immediately?

Did you try and then give up?

Did you expect to fail?

Did you expect to succeed?



Which Mindset Are You?

Take the Quiz

To what extent do you agree or disagree with these statements?

Strongly Agree	Agree	Disagree	Strongly Disagree
1. Intelligence is something people are born with that can't be changed.			
2. No matter how intelligent you are, you can always be more intelligent.			
3. You can always substantially change how intelligent you are.			
4. You are a certain kind of person, and there is not much that can be done to really change that.			
5. You can always change basic things about the kind of person you are.			
6. Musical talent can be learned by anyone.			
7. Only a few people will be truly good at sports – you have to be “born with it.”			
8. Maths is much easier to learn if you are male or maybe come from a culture which values maths.			

Strongly Agree

Agree

Disagree

Strongly Disagree

9. The harder you work at something, the better you will be at it.

10. No matter what kind of person you are, you can always change substantially.

11. Trying new things is stressful for me and I avoid it.

12. Some people are good and kind, and some are not – it's not often that people change.

13. I appreciate when people, parents, coaches, teachers give me feedback about my performance.

14. I often get angry when I get negative feedback about my performance.

15. All human beings are capable of learning.

16. You can learn new things, but you can't really change how intelligent you are.

17. You can do things differently, but the important parts of who you are can't really be changed.

Strongly Agree

Agree

Disagree

Strongly Disagree

18. Human beings are basically good, but sometimes make terrible decisions.

19. One important reason I do my school work is that I like to learn new things.

20. Truly smart people do not need to try hard.

Answer Key

1. ability mindset: fixed

2. ability mindset: growth

3. ability mindset: growth

4. personality/character mindset: fixed

5. personality/character mindset: growth

6. ability mindset: growth

7. ability mindset: fixed

8. ability mindset: fixed

9. ability mindset: growth

10. personality/character mindset: growth

11. ability mindset: fixed

12. personality/character mindset: fixed

13. ability mindset: growth

14. ability mindset: fixed

15. ability mindset: growth

16. ability mindset: fixed

17. personality/character mindset: fixed

18. personality/character mindset: growth

19. ability mindset: growth

20. ability mindset: growth

Scoring

Growth Questions

- Strongly agree: 3 points
- Agree: 2 points
- Disagree: 1 points
- Strongly disagree: 0 point

Fixed Questions

- Strongly agree: 0 point
- Agree: 1 points
- Disagree: 2 points
- Strongly disagree: 3 points

Strong Growth Mindset = 60-45 points

Growth Mindset with some Fixed ideas = 44-34 points

Fixed Mindset with some Growth ideas = 33-21 points

Strong Fixed Mindset = 20-0 points

Fixed Mindset

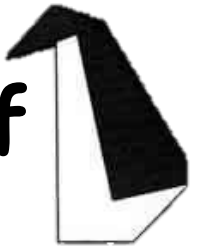
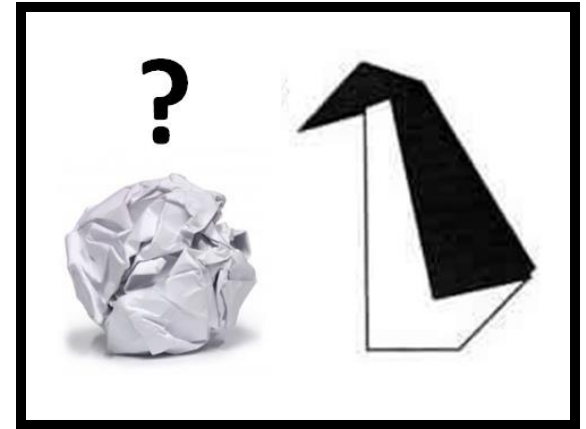
x Avoid challenges

x Give up easily

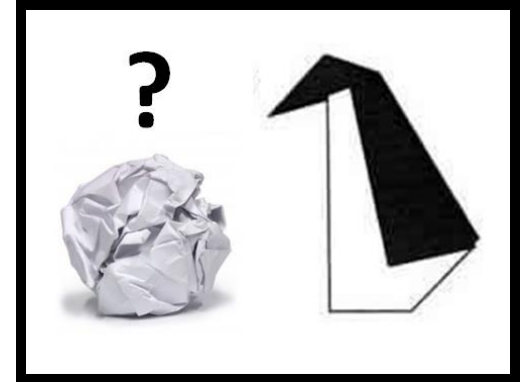
x See making an effort as being pointless

x Ignore all feedback that is not positive

x Feel threatened by the success of others



Growth Mindset



★ Embrace challenges

★ Persist in the face of setbacks

★ See effort as the path to mastery

★ Learn from criticism



★ Be inspired by the success of others

What Is Mindset?

A mental attitude that determines how you will interpret and respond to situations.



We don't see unmotivated babies...



What happens?



Yesterday's Theory: We Are Born with Intelligence

No matter how much you learn or how hard you work, your intelligence stays the same!

Alfred Binet was a French psychologist who invented the first practical intelligence test, the Binet-Simon scale. His main goal was to identify students who needed special help in coping with the school curriculum.

Left: Albert Binet (1857-1911) Invented the first useable IQ test.



Today's Theory: Mindset Matters

The distinguishing feature of geniuses is their **passion** and **dedication** to their craft, and particularly, the way in which they identify, confront, and take pains to remedy their weaknesses (Good, Rattan, & Dweck, 2008).

In other words...

It's not what you are born with that matters; it's your mindset that matters.

Fixed Mindset: Intelligence is a fixed trait.

Growth Mindset: Intelligence is a quality that can be changed and developed.

Whose idea was this?

Click [here](#) to find out more about **Carol Dweck**, professor of Psychology at Stanford University.

The Brain Is Malleable

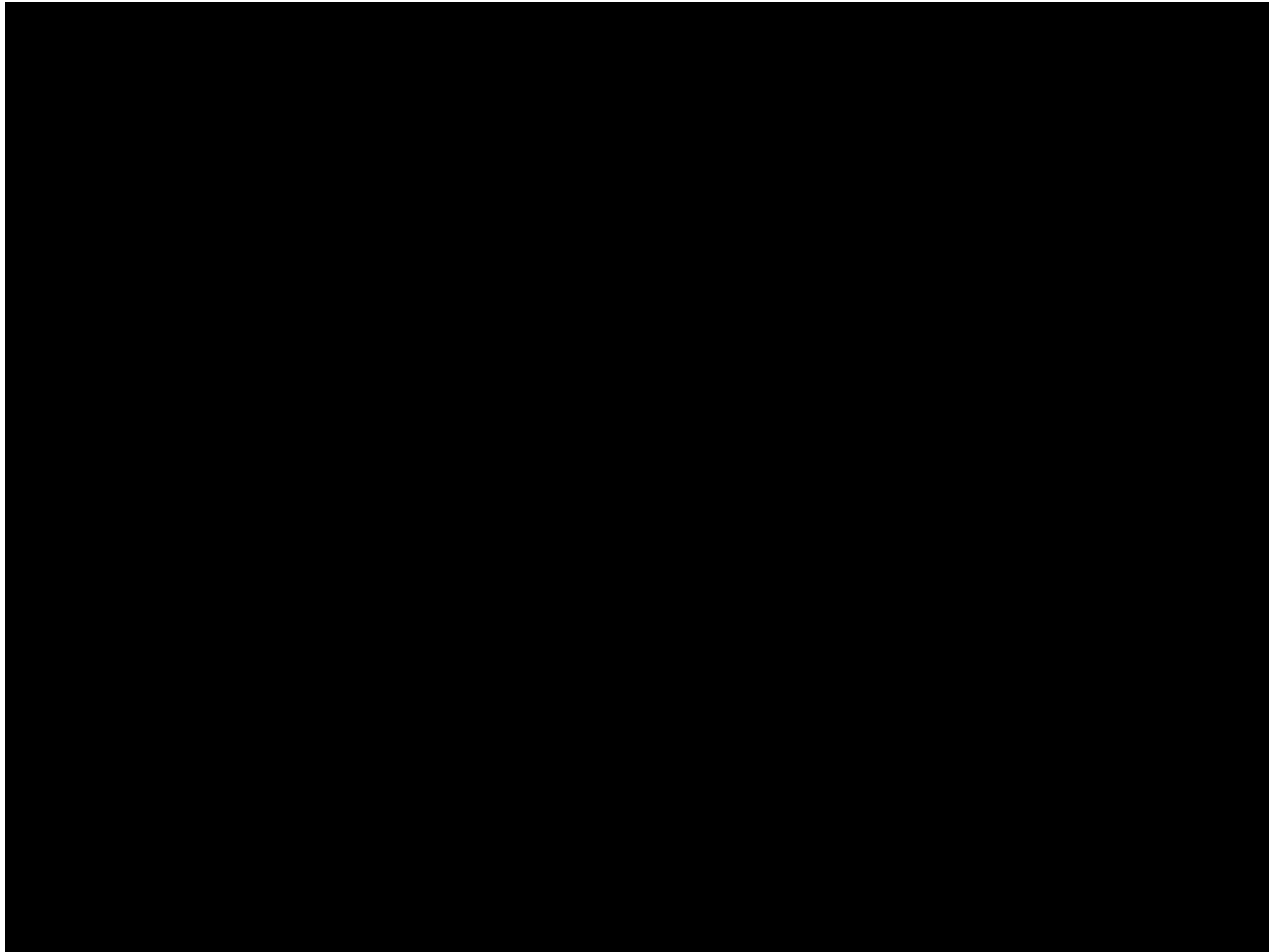
The brain is like a muscle that gets stronger and works better the more it is exercised.

Every time you work hard, stretch yourself and learn something new your brain forms new connections and over time you actually become smarter.

Too often students believe the brain is static, leading them to think talent and giftedness are permanent, unchanging personal attributes that automatically bring later success.

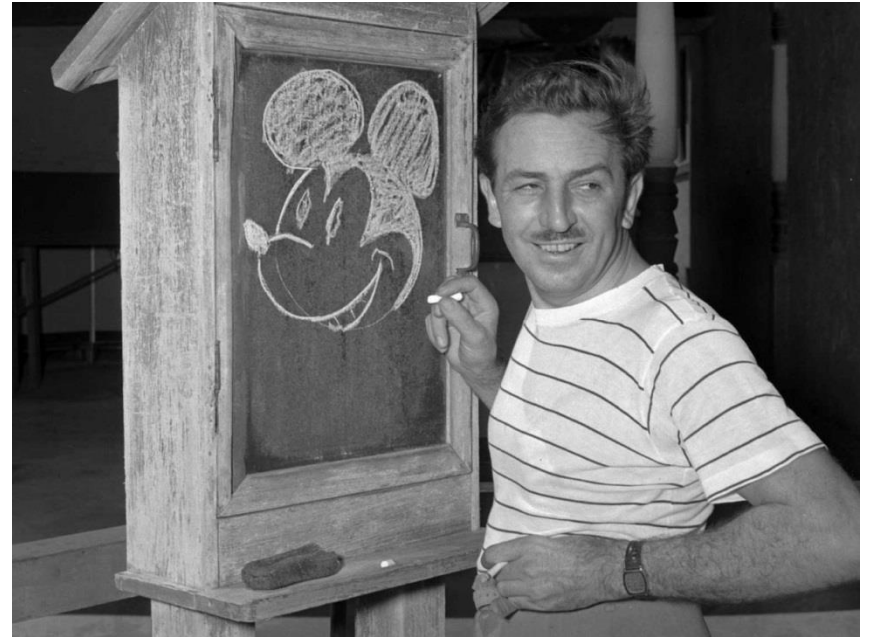


Role Models Modelling Growth Mindset



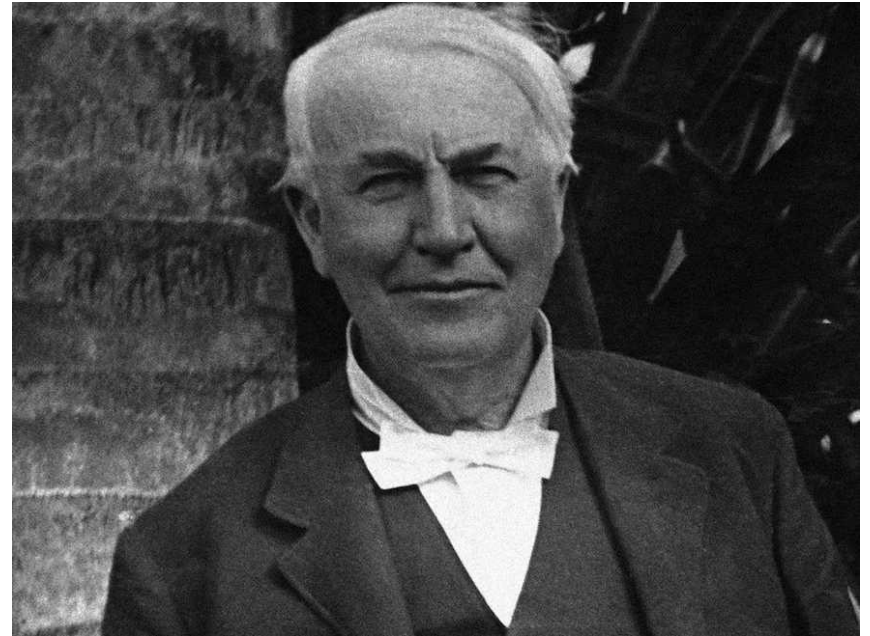
Walt Disney

- Walt Disney was fired from the Kansas City Star because his editor felt he "lacked imagination and had no good ideas."
- Several more of his [businesses failed](#) before the premiere of his movie "Snow White." He went onto become the guy who redefined American childhood.



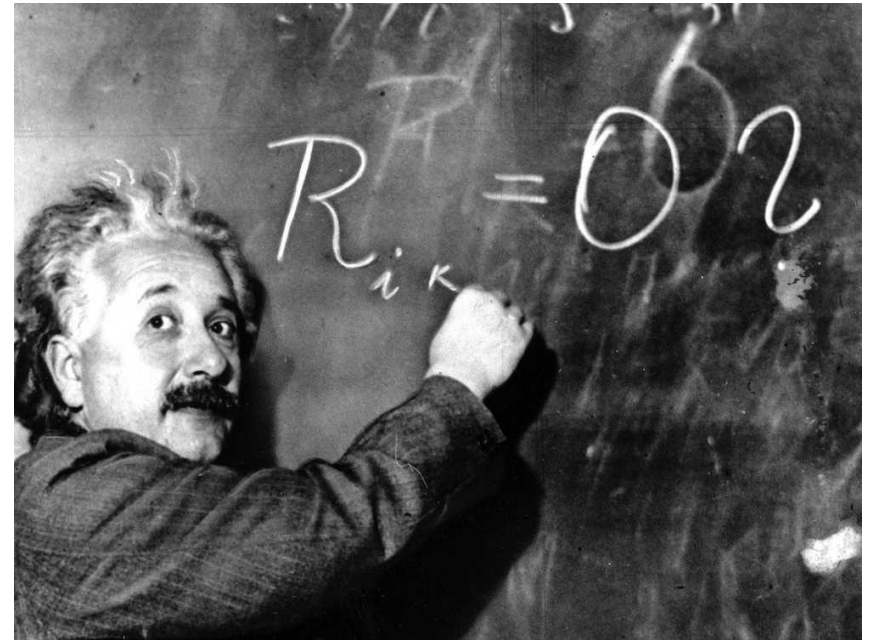
Thomas Edison

- Thomas Edison's teachers told him he was "too stupid to learn anything."
- After that, things stayed bleak for a while, as Edison went onto be fired from his first two jobs, for not being suitably productive.
- Edison went on to hold more than 1,000 patents and [invented some world-changing devices](#), like the phonograph, practical electrical lamp, and a movie camera.



Albert Einstein

- As a child, Albert Einstein had some difficulty communicating and learning in a traditional manner.
- Of course, Einstein's communication and behavioral problems were not indicative of a lack of intelligence. He went on to [win the Nobel prize](#) in physics for the discovery of [the photoelectric effect](#), and his special theory of relativity theory corrected the deficiencies of Newtonian physics.



J K Rowling

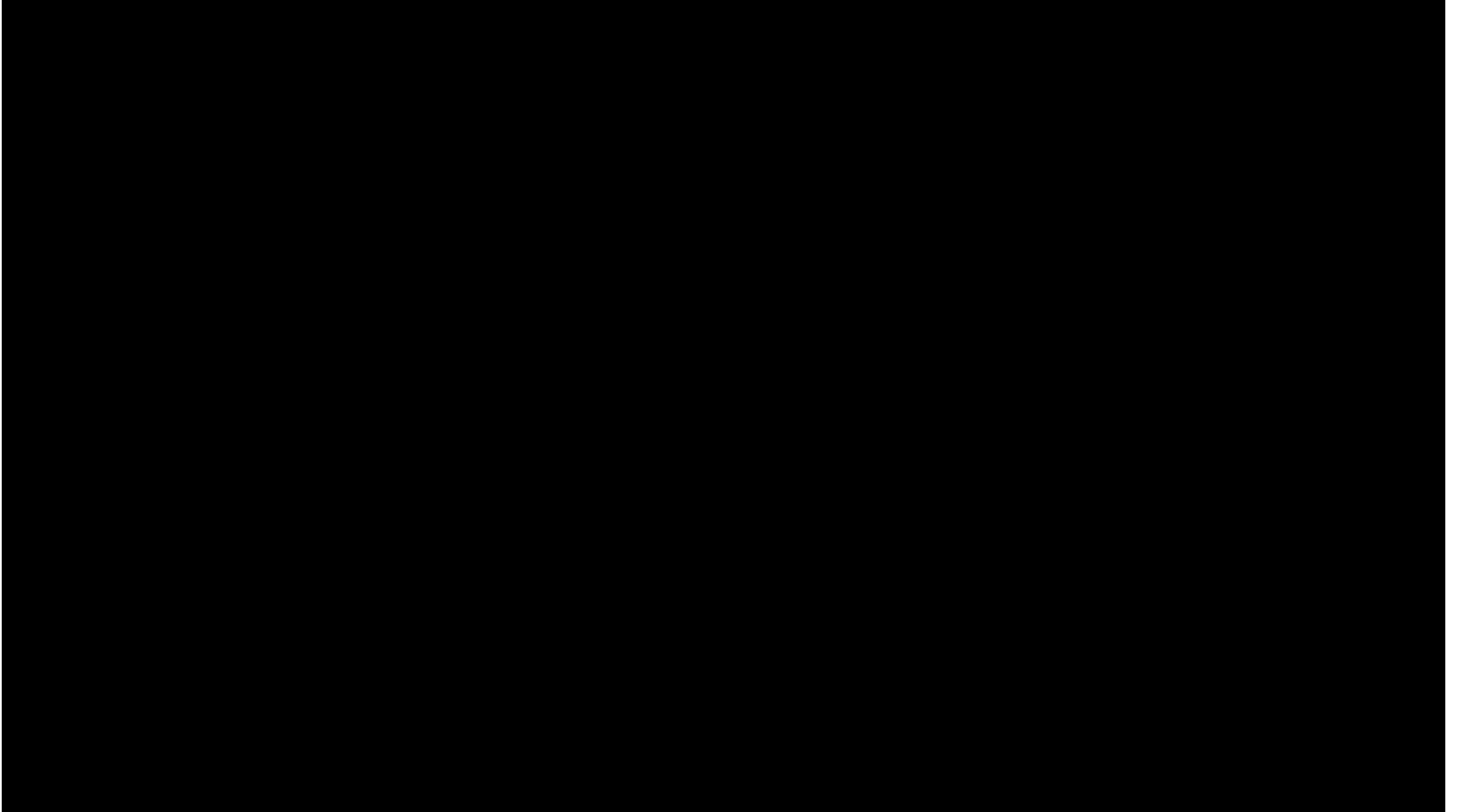
- J.K. Rowling was a single mom living off welfare when she began writing the first "Harry Potter" novel.
- Rowling is now internationally renowned for her seven-book Harry Potter series and, in US currency, became [the first billionaire author in 2004](#).



Do or do not there is no try!



Cartoon Examples



Steps to Developing A Growth Mindset

Step 1

Learn, learn, learn.

Step 2

Realise hard work is key.

Step 3

Face setbacks.



Mindset Step 1: Learn, Learn, Learn

Growth Mindset

Learn, learn, learn.

“It’s much more important for me to learn than to get top grades.”

Fixed Mindset

Look intelligent at all costs.

“The main thing I want to do is to show others how good I am.”



Mindset Step 2:

Realise Hard Work Is Key

Growth Mindset

Putting a lot of effort into learning and working hard is key.

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

Fixed Mindset

Learning should come naturally.

“When I have to work really hard in a subject, I don’t feel very smart.”



Remember to...

- Focus on effort, struggle, persist despite setbacks
- Choose difficult tasks
- Focus on strategies
- Reflect on different strategies that work and don't work for you
- Focus on learning and improving
- Seek challenges
- Work hard



Growth Mindset Talk

- I can learn anything I want to
- When I'm frustrated, I persevere
- I want to challenge myself
- When I fail, I learn
- I learn from criticism and follow advice
- I like to be told that I'm trying hard
- If you succeed, I'm inspired
- My effort and attitude determine everything



Plenary

I want you to have another go at creating an origami penguin, but this time you'll have instructions.

I want the penguin to be a reminder to you that, over time and with a bit of help and a positive attitude, everyone can achieve success.

We are learning to
grow our brains!

Instead of:

I made a mistake.

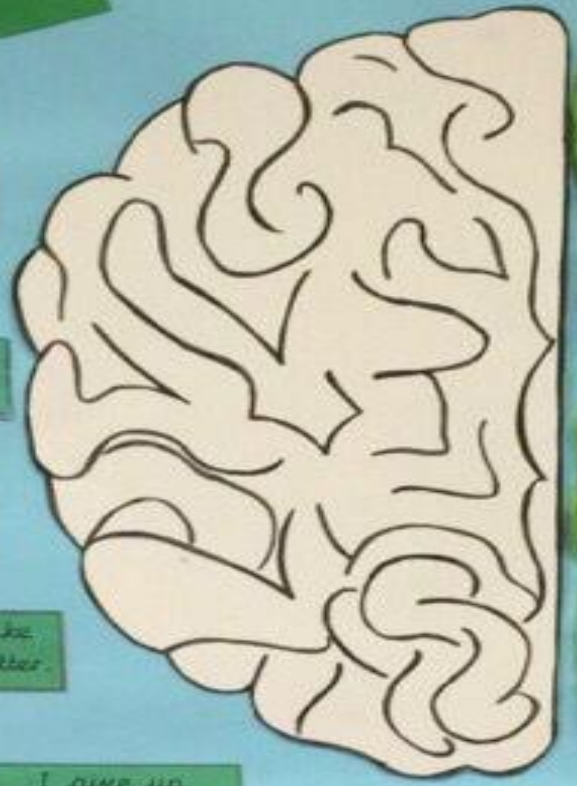
It's good enough.

This is too hard.

I can't make this any better.

I give up.

I'm awesome at this.



Try:

Mistakes help me to improve.

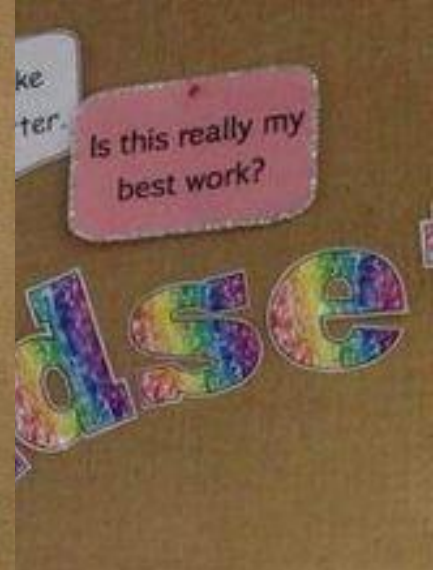
Is this really my best work?

I'm on the right track!

What am I missing?

I can always improve so I will keep on trying.

I will use some of the strategies that I have learnt.



CHANGE YOUR WORDS— CHANGE YOUR MINDSET

I don't understand

What am I missing?

I give up.

I'LL USE SOME OF THE STRATEGIES I'VE LEARNED.

I made a mistake.

Mistakes help me improve.

This is too hard.

THIS MAY TAKE SOME TIME AND EFFORT.

It's good enough.

IS THIS REALLY MY BEST WORK?

I'll never be as smart as her.

I'm going to figure out what she does and try it.

I can't make this any better.

I can always improve; I'll keep trying!

I can't read

I'm going to train my brain in reading

I'm not good at this.

I'm on the right track.

Change your words

Change your MINDset

If you hear yourself thinking

I can't do this...

I'm no good at this...

If you hear yourself asking
What grade did I get?

If you're thinking
I'll do my best

If you hear yourself say
I'm awesome at this!

If you think
I'm no good at English

If you believe
I can't spell

If you're thinking
I made a mistake!

FIXED

GROWTH



Tell yourself
I can't do this yet...

Tell yourself
I can become better at this...

Ask yourself
What can I do to improve?

Tell yourself
I'm going to do better than my best.

Ask yourself
Was it challenging enough?

Ask yourself
Which topics do I need to practise?

Ask yourself
Which words do I most need to practise?

Think about
Mistakes help me improve.

Plenary

- Have your questions been answered?
- Have you anymore questions?

