

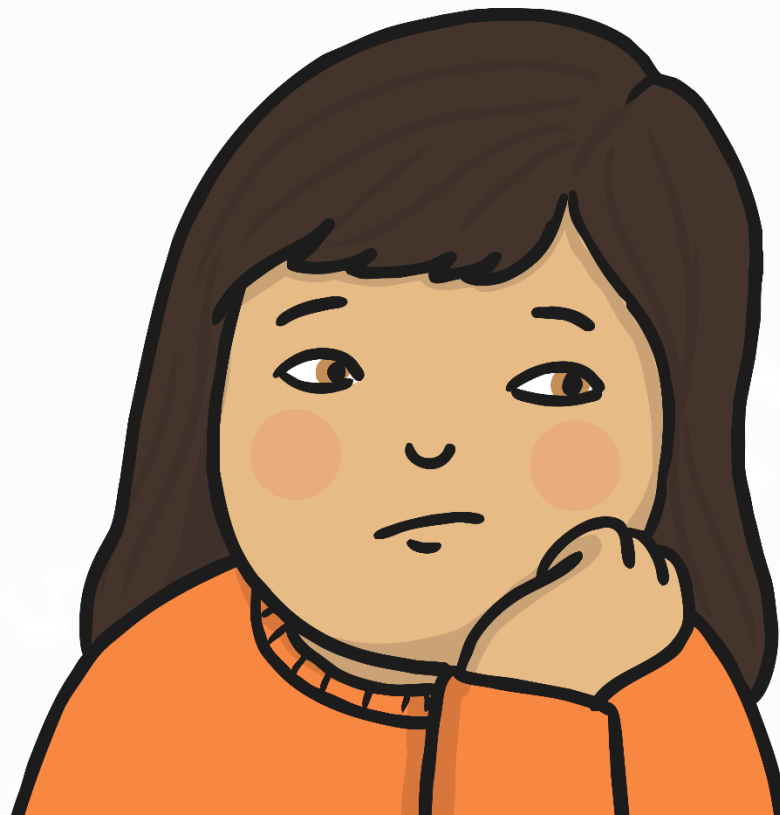
Developing a Growth Mindset



We don't see unmotivated babies...



What happens?



What Is Mindset?

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



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.

Right: 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.

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.

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





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 | 11. ability mindset: fixed |
| 2. ability mindset: growth | 12. personality / character mindset: fixed |
| 3. ability mindset: growth | 13. ability mindset: growth |
| 4. personality / character mindset: fixed | 14. ability mindset: fixed |
| 5. personality / character mindset: growth | 15. ability mindset: growth |
| 6. ability mindset: growth | 16. ability mindset: fixed |
| 7. ability mindset: fixed | 17. personality / character mindset: fixed |
| 8. ability mindset: fixed | 18. personality / character mindset: growth |
| 9. ability mindset: growth | 19. ability mindset: growth |
| 10. personality / character 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

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

Fixed Mindset

Look intelligent at all costs.
"The main thing I want to do is to show others how good I am."

Growth Mindset

Learn, learn, learn.
"It's much more important for me to learn than to get top grades."



Mindset Step 2:

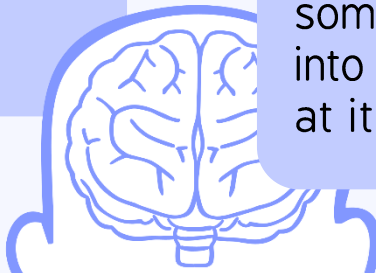
Realise Hard Work Is Key

Fixed Mindset

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

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.”



Mindset Step 3: Face Setbacks

Fixed Mindset

Hide mistakes and conceal deficiencies, retreat, blame others, act superior.

"I'd spend less time on this subject from now on."

"I would try not to take this subject ever again."

"I would try to cheat on the next test."

Growth Mindset

Capitalise on mistakes and confront deficiencies.

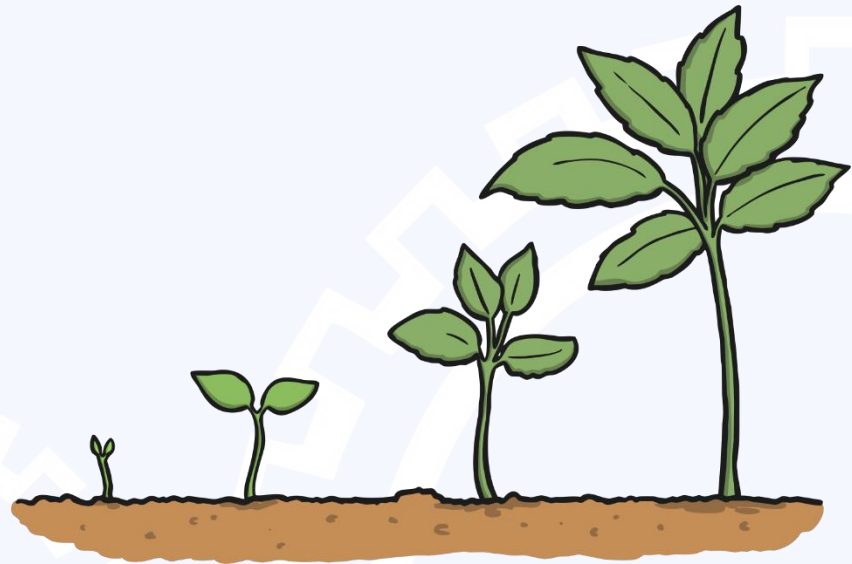
"I would work harder in class from now on."

"I would spend more time studying for the test."



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



