

Growth Mindset

Fixed mindset

- Born with a certain amount of intelligence
- This is fixed for life

Growth mindset

- Intelligence is not fixed
- Intelligence can be 'grown'

Growth mindset vs fixed mindset

Success (GRIT)



Frustration (HELPLESSNESS)

- *When I am frustrated I persevere*
- *I like to challenge myself*
- *When I fail, I learn*
- *I like to be told that I try hard*
- *If my classmates succeed, I'm inspired*
- *I can learn anything I want to*
- *My effort and attitude determine everything*

- *I'm either good at it, or I am not*
- *When I'm frustrated, I give up*
- *I don't like to be challenged*
- *When I fail, I am no good*
- *I like being told I am smart*
- *If my class mates succeed, I feel threatened*
- *My abilities determine everything*

What are some of the things teachers do to encourage growth mindset?

- *Talk about learning not work*
- *Make it personal and meaningful*
- *Make it interesting and fun*
- *Make learning active*
- *Allow room for improvement*
- *It is ok to make mistakes*

trying best

I can do it

Keep Mrs. Riley keep on trying Mrs. Presto tries positive

I can learn mindset work

try

use Ms. Lingenfeld

harder things

problem Ms. Moore I will try better new keep challenge think positively Ms. Kirkpatrick pass Ms. Kirpatrick test just math going

never give up right

homework Mrs. Woods Mrs. Babbs Mrs. Giampaolo

hard get

SOL Ms. Weigand

try my best give reading