October: Growth Mindset
Growth Mindset

LEARNs FROM FAILURE
PUTs IN EFFORT
KEEPs GOING
EMBRACES CHALLENGES
LEARNs FROM FEEDBACK

GROWTH MINDSET
Growth Mindset

In a growth mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone's the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it.
Fixed Mindset

In a fixed mindset students believe their basic abilities, their intelligence, their talents, are just fixed traits. They have a certain amount and that's that, and then their goal becomes to look smart all the time and never look dumb.
Carol Dweck’s Idea of Mindset

**Fixed** vs **Growth**

- **Fixed**: ability is static
  - avoids challenges
  - gives up easily
  - sees effort as fruitless
  - ignores useful criticism
  - threatened by others

- **Growth**: ability is developed
  - embraces challenges
  - persists in obstacles
  - sees effort as necessary
  - learns from criticism
  - inspired by others' success
PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

www.biglifejournal.com

**PRAISE**

FOR:
- Effort
- Strategies
- Progress
- Hard work
- Persistence
- Rising to a challenge
- Learning from a mistake

NOT FOR:
- Being smart
- Born gifted
- Talent
- Fixed abilities
- Not making mistakes

SAY:
- "You tried very hard and you used the right strategy!"
- "What a creative way to solve that problem."

**FAILURES AND MISTAKES = LEARNING**

SAY:
- "You can learn from your mistakes."
- "Mistakes help you improve."
- "Let's see what other strategies you can try."

**GROWTH MINDSET**

YOU CAN GROW YOUR INTELLIGENCE VS

**FIXED MINDSET**

YOU CAN'T IMPROVE NATURAL ABILITIES YOU WERE BORN WITH

**BRAIN CAN GROW**

SAY:
- "Your brain is like a muscle. When you learn, your brain grows. The feeling of this being hard is the feeling of your brain growing!"

**THE POWER OF "NOT YET"**

SAY:
- "You can't do it yet."
- "You don't know it yet."
- "But if you learn and practice, you will!"

**RECOGNIZE YOUR OWN MINDSET**

BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.

**ASK**

- "What did you do today that made you think hard?"
- "What new strategies did you try?"
- "What mistake did you make that taught you something?"
- "What did you try hard at today?"

BASED ON CAROL DWEECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"
Charting Ideas

Growth Mindset
- Oops! I made a mistake. I’ll fix it.
- I can do hard things!
- I believe I can do it.
- I’ll try again!
- I CAN DO THIS!
- I’ll try.
- I won’t give up!

Fixed Mindset
- I can’t do this.
- I don’t feel like it.
- This is too hard!
- I don’t want to do this.
- I hate this!
- I’ll try my best.
- I quit!
- I’m dumb.

Growth Mindset
- Change your words - Change your MINDSET! 😊
- Instead of Thinking...
  - I’m not good at this.
  - I give up.
  - It’s good enough.
  - I can’t make this better.
  - This is too hard.
- TRY THINKING...
  - What am I missing?
  - I’ll use a different strategy.
  - Is this really my best work?
  - I can always improve.
  - This may take some time.
  - I made a mistake.
  - Mistakes help me learn.
  - I will never be that...
Wisdom for Your Walls

10 Growth Mindset Statements

What can I say to myself?

INSTEAD OF:                      TRY THINKING:

I'm not good at this.                           1. What am I missing?
I'm awesome at this.                         2. I'm on the right track.
I give up.                                     3. I'll use some of the strategies we've learned.
This is too hard.                             4. This may take some time and effort.
I can't make this any better.                   5. I can always improve so I'll keep trying.
I just can't do Math.                           6. I'm going to train my brain in Math.
I made a mistake.                                7. Mistakes help me to learn better.
She's so smart. I will never be that smart.       8. I'm going to figure out how she does it.
It's good enough.                               9. Is it really my best work?
Plan "A" didn't work.                           10. Good thing the alphabet has 25 more letters!
Wisdom for Your Walls

Failure as a Tool

Vinod Khosla
Khosla Ventures

Focus on Learning
Better Findings Ahead
Reduce the Magnitude of the Failure Later

No Failure Means No Risk Which Means Nothing New

Have Courage in Your Directions

It's Not Easy to Do New Things!

Stop Planning!
Be in Full Body Contact with Your Problem
Get Out There and Engage

Risk Reduction + Option Value = Insurance

Be Intelligent About What You Are Going to Fail On... And Examine Your Failures

Create a Culture of Experimentation
Test Your Assumptions

Small Experiments Are Some of the Most Powerful Things

Liberation!

Failed Strategies and Failed Tactics Are Different Things

Walk Down That Yellow Line of Risk
Brake on the Risk Curves

Feeling Stuck to Being Well-Behaved Would Be No Progress

Don't Give Up Too Easily... Don't Stop the Learning Loop (as you might end up spending a lot of money later on)

Engage

What Would You Do If You Knew You Could Not Fail?

Be Like Jordan

Edison Created 10,000 Lightbulbs

The Valley Supports Innovation, But We Can Learn From Failure

Rubber

No One Needs a Computer

Fight Back

Old, Bad Advice

Be Optimistic and Paranoid in Your Process

Failure

Liberation!
Growth Mindset Texts

Growth Mindset Resources

- **Dojo videos**
  https://www.youtube.com/watch?v=2zrtHt3bBmQ

- **Ned the Neuron**
  https://www.youtube.com/watch?v=g7Fdmio3CzI

- **Soar**
  https://www.youtube.com/watch?v=UUlaseGrkLc

- **Piper**
  https://www.youtube.com/watch?v=e7y2zDZBF6g