

Failing is Just Another Word for Growing:
Teaching Growth Mindset to Our Students and
Ourselves



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Ourselves



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What is Your Mindset?



Take the quiz to find out your
Mindset!

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What is Mindset?



Fixed Mindset- The belief that your basic qualities cannot change

Growth Mindset- The belief that your basic qualities can be developed with hard work

In your group, discuss what you think would be defining characteristics of a Fixed vs. Growth Mindset.

Fixed	Growth
Example: Avoids Challenges	Embraces Challenges

<http://mindsetonline.com/whatisit/about/>

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Teaching Mindset



- Explain the science in an age appropriate way
- “*Show them, don’t tell them*”
- Read books and show videos that explicitly discuss growth mindset
- Set achievable goals
- Praise the Process, not the person
- Celebrate mistakes
- Plan lessons and activities that encourage collaboration
- Use rubrics and grading systems that reward effort

<https://www.mindsetkit.org/topics/teaching-growth-mindset/introducing-students-to-malleable-brain>
<https://www.edsurge.com/news/2014-10-24-4-ways-to-encourage-a-growth-mindset-in-the-classroom>

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Teaching Mindset



Watch the video *Growing Your Mind*:

<https://www.youtube.com/watch?v=WtKJrB5rOKs>

Discuss a time when you overcame a struggle in learning and learned to solve a problem. As a teacher, share a personal story about a time you had to work hard to get better at something and relate it to the video. In this story, highlight:

1. *Hard work*
2. *Strategies*
3. *Help from others*

<https://s3.amazonaws.com/KA-share/Toolkit-photos/FINAL+Growth+Mindset+Lesson+Plan.pdf>

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Praise the Process, Not the Person



- Pay attention to how you praise your students
- Avoid feedback that is person directed
- Praise actions, not traits

Instead of saying this: *“You are such a good student!”*

Say this: ***“I love the way you stayed at your desk, you kept your concentration, and you kept on working. That’s great!”***

<https://www.mindsetkit.org/topics/praise-process-not-person/dos-donts-of-praise>

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Celebrate Mistakes



- Create a classroom environment where mistakes are welcomed and celebrated as tools of improvement
- Praise mistakes and explain their importance
- Assign work that encourages mistakes
- Display in-progress work, not just the completed products
- Make mistakes in front of your students and model using them to adjust your next steps

<https://www.mindsetkit.org/topics/celebrate-mistakes/3-ways-to-celebrate-mistakes-in-class>

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Celebrate Mistakes



1. Write down a mistake you have made on a scrap piece of paper
2. Crumple the paper up into a ball and throw it to the ground
3. Pick it back up and straighten the paper out
4. Using the Mistakes Reflection sheet, analyze and reframe your mistake.

***“Intelligence is not to make no mistakes.
But quickly to see how to make them good.”
Bertolt Brecht***

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Closure



I Learned.....	I Want to Learn.....

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Mindset Music



Don't Give Up Bruno Mars
 Try Everything Shakira
 The Power of Yet Janelle Monae
 Get Back Up Again Trolls Soundtrack
 Shake it off Taylor Swift
 The Greatest Sia
 Centerfield John Fogerty
 Hall of Fame The Script
 Eye of the Tiger Survivor

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References and Resources



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<http://www.edpartnerships.org/sites/default/files/events/2016/02/Mindset%20Quiz.pdf>
1. Mindset Resources <http://mindsetonline.com/whatisit/about/>
1. <https://www.edsurge.com/news/2014-10-24-4-ways-to-encourage-a-growth-mindset-in-the-classroom>
2. Book List https://storage.googleapis.com/mindsetkit-upload/User_PswPrsVu/L2FwcGhvc3RpbmdfcHJvZC9ibG9icy9BRW5CMIVxTk3ZlF6X0gxNDBEaldjUGExRGFZb0sxa1B0MFpsZzAwOEdkTVZzTzRGQnAwUldLLTNkYXFlUDE3X1kTGZBdkpScEJicTNieS1kWWpFc3p5VzNKOHhldUZjUS5lLU5CVTEsT2oxZFZTbDlo
3. Everything you need to know about Mindset <https://www.mindsetkit.org/>
4. Edudemic Article <http://www.edudemic.com/growth-mindset-way-learn/>

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