



The KEY to creativity and innovation is
MINDSET and GRIT

The image features a textured, light brown background resembling burlap or coarse fabric. On the left side, a vertical brown leather strap with two metal rings is visible. In the center-right, a dark blue rectangular box contains the text "MINDSET IS EVERYTHING." in a bold, white, sans-serif font. The text is arranged in two lines, with "MINDSET IS" on the top line and "EVERYTHING." on the bottom line.

**MINDSET IS
EVERYTHING.**



"mindset" {noun}

*a set of beliefs or a way of
thinking that determines
one's behavior, outlook
and mental attitude.*

Are we born
SMART....?



Importance of development

At birth, we can't WALK or TALK

These abilities don't pop up overnight....

..... they DEVELOP as we LEARN!!

So, are we born...



Good
at
acting?



Good at math?

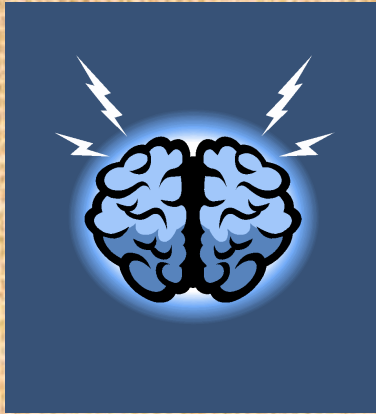


Good at music?

Good
at
science?




Or do these skills develop with practice?



Our brains can
continue to grow!

People with a **Growth
Mindset** know this!



*Fixed or
Growth
Mindset?*

Growth Mindset

Performance Mindsets Consulting



Source: Carol Dweck

Changing Our Mindset

Carol Dweck, world-renowned Stanford University psychologist, talks about the power of our mindset or our beliefs (especially around challenge). We can either have a Fixed Mindset where we let failure (or even success) define who we are, or a Growth Mindset where we see setbacks as opportunities to grow and improve ourselves. Just like how we learned how to walk... there are many stumbles along the way, but to reach our potential and live the life we desire, it takes practice and perseverance. We always have a choice about which view we adopt for ourselves... and it's never too late to change. What's your view?

*It's up
to you!*



FIXED MINDSET

Belief that my intelligence, personality and character are carved in stone; my potential is determined at birth



GROWTH MINDSET

Belief that my intelligence, personality and character can be developed! A person's true potential is unknown (and unknowable).

DESIRE	Look smart in every situation and prove myself over and over again. Never fail!!	Stretch myself, take risks and learn. Bring on the challenges!
EVALUATION OF SITUATIONS	Will I succeed or fail? Will I look smart or dumb?	Will this allow me to grow? Will this help me overcome some of my challenges?
DEALING WITH SETBACKS	"I'm a failure" (identity) "I'm an idiot"	"I failed" (action) "I'll try harder next time"
CHALLENGES	Avoid challenges, get defensive or give up easily.	Embrace challenges, persist in the face of setbacks.
EFFORT	Why bother? It's not going to change anything.	Growth and learning require effort.
CRITICISM	Ignore constructive criticism.	Learn from criticism. How can I improve?
SUCCESS OF OTHERS	Feel threatened by the success of others. If you succeed, then I fail.	Finds lessons & inspiration in other people's success.
RESULT...	Plateau early, achieve less than my full potential.	Reach ever-higher levels of achievement.

To help your student build a growth mindset:

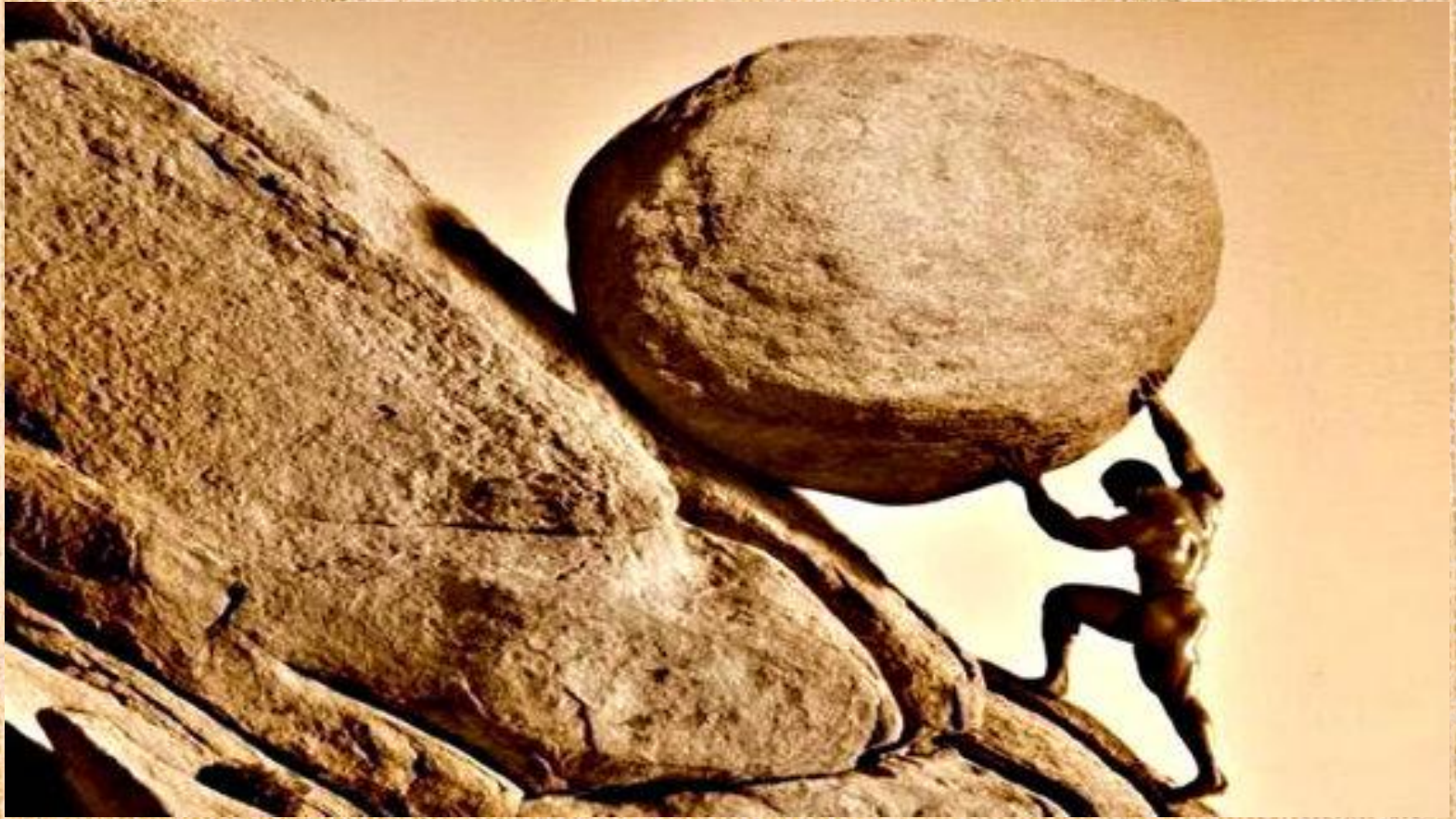
Don't . . .	Do . . .
Tell students they are “smart” or “talented” when they do something well.	Praise students for the level of their effort when they accomplish a difficult task.
Tell students that they are “good” at some things and not at others.	Encourage students to achieve in as many areas as possible.
Say things like “good job” when students finish an assignment.	Ask questions about the choices that the student made in completing the assignment.
Say things about yourself that show that you (the parent) have a fixed mindset.	Set a good example by stepping out of your “comfort zone” and trying new things.

Mindset & Grit!



GRIT

a positive trait based
on passion,
perseverance,
and motivation



GRIT #1

BUT SERIOUSLY THOUGH



WHAT WAS YOUR EXCUSE?

GRIT #2

To help your student build GRIT:

Encourage them to try new, difficult things like:

- A new sport
- A craft
- Arts (drawing, music, etc.)

Praise their efforts, and encourage them to keep getting better.

Allow them to fail!

Allow them to fail!

Then help them to learn
from their failures.

Set a good example by
trying new things yourself.

Be willing to fail.

Then show how you can learn
from failure too!



**KEEP
CALM
AND
GET GRITTY**



*VIDA students, parents and teachers
praise effort & develop the Growth Mindset!*

Websites:

<http://www.mindsetworks.com/>

<https://sites.google.com/a/vistausd.org/ccss/parent-resources/mindset>