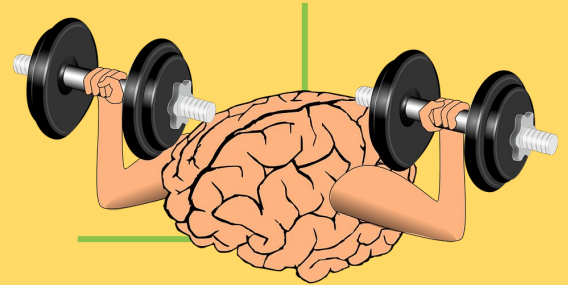


# Growth Mindset

Explore Strategies to develop  
and support your student's  
mindset and enhance learner's  
growth.

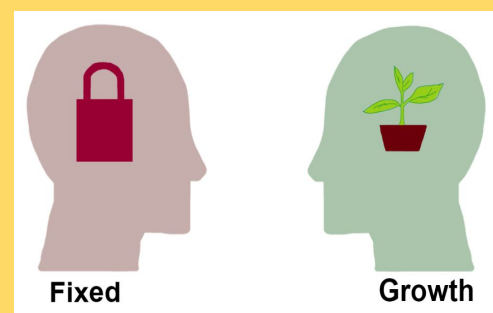
Shelly Chesick



Whether you are a parent, guardian, teacher, counselor, or other mentor, I would like to thank you for your commitment to furthering the emotional connection to learning for the student in your life. I have seen the power that a growth mindset can have in a student's life. Students who were hesitant to make mistakes and would avoid work, change to become self-motivated, confident, and high-achieving students after applying a growth mindset.

# Fixed versus Growth Mindset

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Having a growth mindset means a person thrives on challenge. They look at mistakes as an opportunity to learn and grow. For example, when faced with a struggle in math, many students develop a fixed mindset. They are afraid to make a mistake as they view mathematics as one step approach. Often, their only thought is to use one solution. If they don't get the correct answer then they shut down and quit with a fixed mindset. Helping students obtain a growth mindset through various activities will benefit them as they stay focused on what they have learned. Those behaviors will show improvement in their daily performance in all subjects.

# Without the right tools-

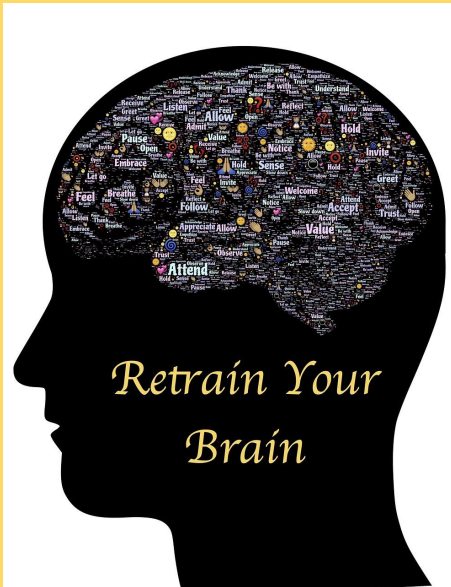
Without the tools and strategies, many students get stuck in a fixed mindset.

Tonight we will:

1. Define the difference between a fixed mindset and a growth mindset.
2. Familiarize yourself with the brain science behind a growth mindset and understand that children struggle, and that means their brain is growing and changing.
3. Provide some tips for how you can support children through this process.

# Purpose

The purpose was to examine the impact of using growth mindset as an intervention to help students thrive when faced with challenges. Students used cognitive appraising, peer support, resource tools, and the ability to learn to rely on what they already know to solve problems when faced with a challenge.



This conversation tonight is designed to describe the impact of the application of daily growth mindset embedded in lessons and conversations upon the accuracy and level of work completion by using growth mindset strategies.



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“In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.”  
(Dweck, 2015)

We used to think that our intelligence was fixed – meaning we were either smart or we weren't. Scientists have proven again and again, that this is simply not true. Our brain acts like a muscle – the more we use it, the stronger (and smarter) our brain becomes.

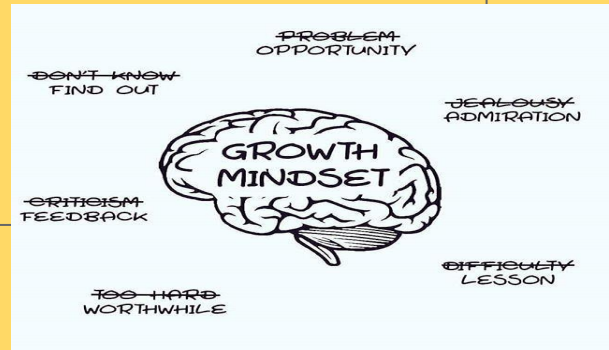


A person with a fixed mindset may do these things:  
- avoid challenges - give up easily - ignore feedback - is threatened by other people's success - try hard to appear as smart or capable as others.



# GROWTH mindset

A person with a growth mindset may do these things: - embrace challenges - give their best effort - learn from feedback - become inspired by other people's successes - believe their intelligence can change if they work hard



## Growth mindset statement examples:

I haven't figured it out yet.

I will keep practicing.

It's so hard, but I won't give up.

I can ask for help.

What is my neighbor doing that I need to try?

Mistakes help me to learn.

## Fixed Mindset statement examples:

No one can help me.

I'm not a math person.

I'll never be good enough.

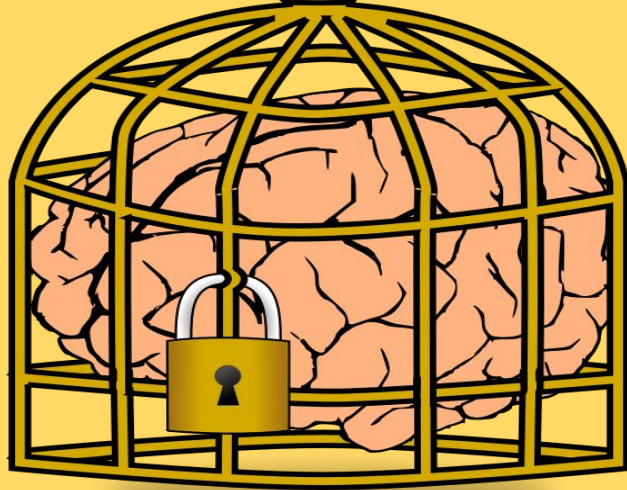
I just can't do this.

He's just better than I am.

This is too hard.

# Growth vs. Fixed Mindset Thoughts

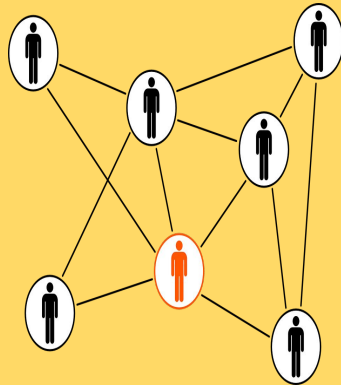
Sort with your table partners







# Who Will Benefit



Teachers, students, and family members are likely to benefit from changing our praise as it will increase academics and hobbies such as calf roping or playing football - continue to better your overall score. Parents and guardians, how can you practice growth mindset behaviors with your student?

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The way we praise  
children can either  
make or break their  
development.

Praise for intelligence

vs.

Praise for their efforts

Students praised for intelligence  
can become frustrated on tests.

Students who are praised for their  
efforts tend to work harder, longer,  
and enjoy a challenge.

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Think of your brain like a muscle. When you use a muscle in your body over and over, it gets stronger. The more you use your brain the stronger it gets.

# Neurons

Every time you learn something new, try something, work through a problem, or practice a skill, your brain is changing and growing.

Your brain has these tiny cells called neurons which help you to think, feel, and act. When you struggle, your neurons struggle too. This is actually a good thing. When neurons struggle they look to other neurons for support. While you are working hard at learning, your neurons are making connections with each other. These connections let your brain work faster. The harder a challenge, the more your neurons can grow.



Our abilities can change as our brains change and make new connections. This is why having a fixed mindset limits us from doing all the amazing things we are actually capable of doing. If we believe that our brains can't change or grow, then we will never try new and challenging things. Without new experiences, our brains stay the same.

If you keep practicing or working at a challenge, it will eventually become another ability or strength that you have.

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# Neuron connection

Your memory corresponds to the activity of certain networks of neurons in your brain that have been strengthened with one another by connections.

Every time you do or think something, neural pathways in your brain may be altered. These pathways are composed of multiple neurons that communicate with one another through junctions called synapses.

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The way you talk to your brain can affect your mindset, your patience, and your perseverance. Talk to your brain the way you would talk to a friend.

1. Give your brain compliments

Positive thoughts strengthen your growth mindset.

2. Forgive yourself for mistakes.

Mistakes help us grow.

3. Practice gratitude.

Thank yourself for all the hard work you do.

4. Be a cheerleader for your brain,

---

Tell yourself positive affirmations.

# How Can You Help Your Student?

## 5 Steps

#1-Talk about it.

**Ask:** What was difficult about the day? What mistake did you make, and how can you learn from it?



## Step 2

# Praise the Process

Instead of saying, “You’re so smart!”  
Praise effort, goal setting, persisting through challenges, or being creative. You can say something like: “Wow! You must have worked really worked hard on this.”

Recognize growth, rather than just achievement. Encourage curiosity too.

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# Step 3

## Brain Growth

Remind your child that their intelligence is not fixed. Remind them that when things are difficult, their brain grows if they persist through the challenge. Each time they learn something new, their brain is making new connections. Your child needs to know they can do hard things. Use and encourage language that reflects your own growth mindset too. Instead of saying to your student, “I can’t do it” try saying, “I’m still working on it.”

# Step 4

## HELP THEM CHANGE THEIR DIALOGUE

The way your child talks to themselves makes a huge impact on their mindset. If they say, “This is too hard!”- Then help them change that to, “I can’t do this **yet**, but I will keep trying.” Give them the words to say when they are feeling defeated by modeling it yourself.

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# Step 5

ENCOURAGE FAILURE (say  
what?!)

Your child needs to know that failure can (and often does) happen and it is okay! Remind them that each time they fail and try again, their brain is growing stronger! Don't step in to prevent your child's failure – this is how they learn to persevere in the face of challenges. Share examples of your own mistakes and discuss how you were able to learn and grow from them. Help kids to regulate emotions by going on a walk, deep breathing, counting to ten, and drinking a glass of water.



# It's okay to make mistakes!

We can learn from mistakes.

Some things that were invented due to mistakes:

Super glue

Teflon

Slinky

Silly Putty

Pacemaker

Penicillin

Sticky notes

# Mindset Quiz

More yellow answered could be  
fixed mindset.

More blue answered could be  
growth mindset.

Share your quiz with your student.

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# Solutions

\*Invite students to try a new strategy when something is challenging.

\*Instead of using the word “failing” try using “learning.”

\*Focus on the progress instead of how much further they have to go.

\*Reward hard work.

\*Encourage mistakes.

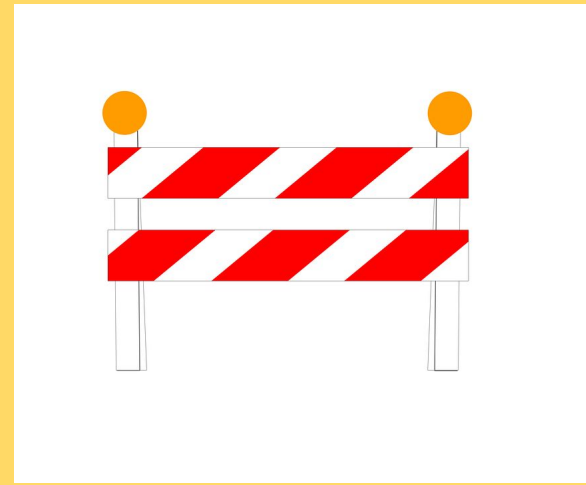
\*Train them to use the magical word- “Yet.”

# Solutions

- Encourage setting goals.
  - Write affirmations around the house ( I can do hard things with hard work.)
  - Help support them by having them say: I learn from my mistakes, I get better with practice, I am on the right track, I am proud of myself for trying, I won't give up, I help my brain grow by learning hard things, and I will try another way.
-

If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, they don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.

-Carol Dweck-



Don't be a roadblock  
for your student.



Actions speak  
louder than  
words- the best  
way to teach a  
growth mindset is  
by having one  
yourself!



Reference: Rother, M. (n.d.). *How We Learn - Synapses and Neural Pathways*.  
YouTube. <https://www.youtube.com/watch?v=r1sDjWfDa4w>