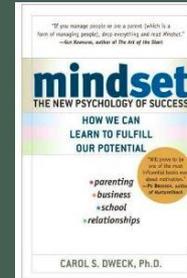


# Mindset

## The Power of Belief



based on the book Mindset by Dr. Carol Dweck



# Welcome!

Thank you for coming to the 3rd quarter curriculum night at Cedar Fork Elementary. While you are waiting for the presentation to begin please fill out the Mindset survey. It is not a test!

# Growth Mindset and Achievement

Decades of research show a powerful relationship between **mindset** and **achievement**.

Students' **beliefs** about intelligence and learning impact:

- ❖ Motivation
- ❖ Academic behaviors (e.g., studying and seeking help)
- ❖ Responses to challenges and setbacks
- ❖ Academic achievement

# Fixed Mindset versus Growth Mindset

**A fixed *mindset* comes from the belief that your qualities are carved in stone** – who you are is who you are, period. Characteristics such as intelligence, personality, and creativity are fixed traits, rather than something that can be developed.

**A *growth mindset* comes from the belief that your basic qualities are things you can cultivate through effort.** Yes, people differ greatly – in aptitude, talents, interests, or temperaments – but everyone can change and grow through application and experience.

## Growth mindset vs fixed mindset



SUCCESS ← → FRUSTRATION

1. I can learn anything I want to.
2. When I'm frustrated, I persevere.
3. I like to challenge myself.
4. When I fail, I learn.
5. I like being told that I try hard.
6. If my classmates succeed, I'm inspired.
7. My effort and attitude determine everything.

1. I'm either good at it, or I'm not.
2. When I'm frustrated, I give up.
3. I don't like to be challenged.
4. When I fail, I'm no good.
5. I like being told that I'm smart.
6. If my classmates succeed, I feel threatened.
7. My abilities determine everything.

GRIT

← → Learned helplessness

From Reid Wilson  
© wayfarepath

@sylvia.duckworth

## Growth Mindset Self Talk

When your child tells you they can't do something – remind them that they can't do it

# YET!

# What we're doing at school to help

Teaching Students about Effort-Formal

Teaching Students about Effort-Informal



**Student Effort  
CHECKLIST**

- Did I put in sufficient time to get the job done?
- Did I focus efficiently and without distraction?
- Did I reach out for help and know where to go for it?
- Did I use different strategies and alternatives?
- Did I get and use feedback during my work?
- Did I stick with it even when it was hard?



# Parenting strategies to promote a growth mindset at home

- ❖ Give feedback on process, Praise effort and **persistence**. Avoid praising personal abilities like being smart, pretty, or artistic.
- ❖ Remind your child that **Intelligence is not fixed**. It's changeable and can improve throughout your life.
- ❖ Celebrate mistakes and what we can learn from them.
- ❖ Encourage and model positive self talk.

# Self Talk

## 10 Growth Mindset Statements

FIXED MINDSET



What can I say to myself?

INSTEAD OF:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

TRY THINKING:

GROWTH MINDSET



1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

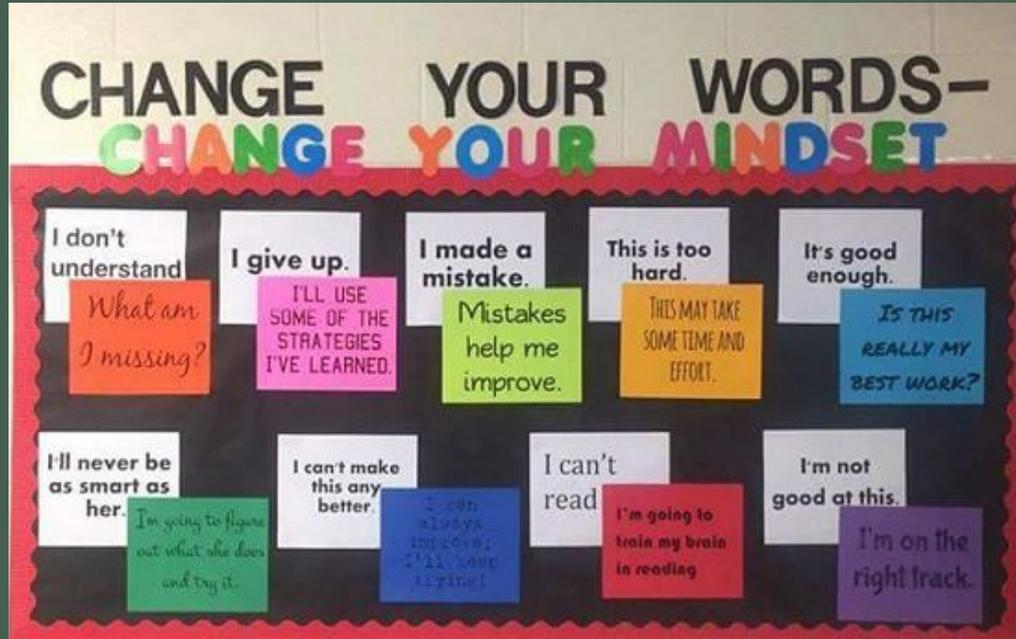
(Original source unknown)

@sylviaaduckworth

10 Growth Mindset Statements by sylviaaduckworth <https://www.ted.com/speakers/sylviaaduckworth>  
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What can I say to myself?

# Look around today for Mindset



# Parent Mindset Book Study @ CFES!

First Session:

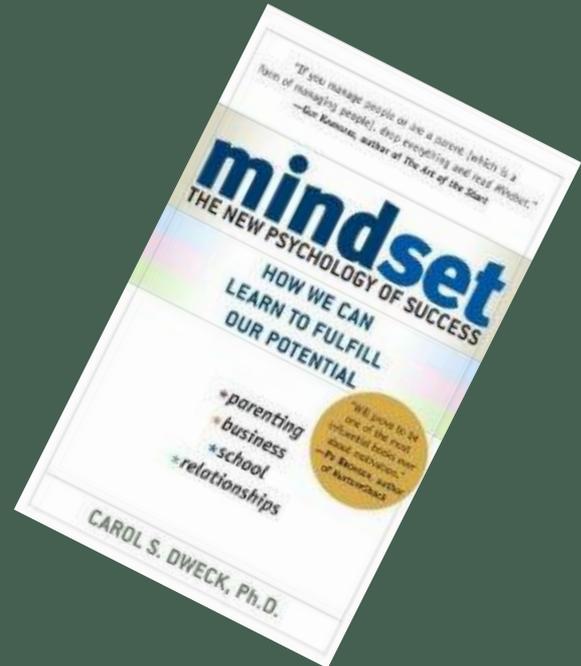
When: 3/23/16

4:45pm-5:45pm

Where: CFES Media Center

(Selection will be lottery based with 12 participants.)

[Famous Failures Video](#)





Tips from our counselors.

# Credits

<http://mindsetonline.com/>

<https://www.mindsetkit.org/>

<http://effectiveteacher.wcps.net/tools/effective-teaching-framework-training-videos/#day1>

<http://imaginationsoup.net/2014/09/17/help-child-unmotivated-growth-fixed-mindset/>

<http://www.coolcatteacher.com/photos/teaching-growth-mindset/>

The background of the slide is a repeating pattern of stylized green leaves and branches on a light green background. A dark green rectangular box is centered on the slide, containing the text. A small, solid green rectangle is positioned at the top center of the dark green box.

Thank you for coming!