CULTIVATING A GROWTH MINDSET
with ARTS INTEGRATION & STEAM

WORKBOOK

EDUCATIONCLOSET
Artful Thinking Routine - Looking 10 x 2

WHAT KIND OF THINKING DOES THIS ROUTINE ENCOURAGE?  The routine helps students slow down and make careful, detailed observations by encouraging them to push beyond first impressions and obvious features.

WHEN AND WHERE CAN IT BE USED?  The routine can be used with any kind of visual art. You can also use non-art images or objects. The routine can be used on its own, or to deepen the observation step of another routine. It is especially useful before a writing activity because it helps students develop descriptive language.
Growth Mindset vs. Fixed Mindset

Growth Mindset

“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,” - Carol Dweck

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

So why should I care?

“Research has shown (and continues to show) that a growth mindset can have a profound effect on students’ motivation, enabling them to focus on learning, persist more, learn more, and do better in school. Significantly, when students are taught a growth mindset, they begin to show more of these qualities.” - Carol Dweck

How Does the Brain Change with Learning?

Lara Boyd, a brain researcher explains that neurons grow stronger connections when individuals work on hard things persevere. She specifically studies stroke patients and their ability to relearn concepts after they have suffered a stroke; However, her research can also be applied to the population at large in the context of learning new skills. Boyd references the fact that every time an individual learns a new fact or skill they change their brain through neuroplasticity. These changes are taking place all the time, and are not limited by age (as was previously believed).

Who the Heck is Carol Dweck?

Dweck is a one of the world’s leading researchers in the field of motivation. She attended Barnard College for her undergraduate degree in psychology and then went on to earn a Pd. D. from Yale. She has taught at many prestigious Ivy-league institutions. Through her research she has developed the idea of “fixed” and “growth” mindsets. She has written five books on her studies of learning, some of which have titles so long, that the unmotivated people reading her books for advice and encouragement struggle to even finish reading the cover. These books include Motivation and Self-Regulation Across the Life Span, Self Theories: Their Role in Motivation, Personality, and Development, Handbook of Competence and Motivation, Mindset: The Psychology of Success, Mindset: How You Can Fulfill Your Potential. Dweck’s research is the foundation for all other studies surrounding the concept of mindsets and the use of mindsets in the educational setting.

“I have always been deeply moved by outstanding achievement, and deeply saddened by wasted potential.” - Carol Dweck
“So neuroplasticity is supported by chemical, by structural and by functional changes. And these are happening across the whole brain. They can occur in isolation from one another, but most often they take place in concert. Together they support learning. And they’re taking place all the time.” - Boyd

Symptoms of False Growth Mindset
- Praising effort alone
- Telling students they can do anything
- Blaming the student’s mindset

Growth Mindset as a Lifelong Learner and Educator
* Know and understand your own mindset, strengths, and weaknesses
* Know your students and their background
* Be aware of stereotyping or bias
* Focus on strategies and ways to stretch the limits of your students
* Praise the process, not the person, ability or knowledge
* Provide constructive feedback & allow time to revise

No individual ever has just a growth mindset or just a fixed mindset. Instead we are constantly fluctuating and changing our mindsets based off of whether we feel we are excelling at something or whether we are feeling threatened by something or someone.

Overtime individuals can become more aware of whether they are in a growth or fixed mindset at any given time. This can be done by becoming a careful observer of yourself. Scan your body. See if you are feeling inspired and prepared or defensive and threatened. A threat doesn’t need to be a physical threat- it might be the psychological threat of a more accomplished educator or artist.

Possible triggers in my work environment: ________________________________
Sentence Frames for Providing Authentic Student Feedback:

1. When the work gets hard, I am going to try…

2. When someone else succeeds, I …

3. When I get stuck on a problem, I will…

4. I learn best when I …

5. When I am learning, I feel…

6. I haven’t learned this yet, but I can still…

Cultivating a Growth Mindset Environment:

*Be a role model

*Create opportunities for students to stretch their brains and practice using strategies

*Provide visuals: posters, anchor charts, etc… with strategies listed

*Be the guide by their side, not the sage on the stage

Integrating a Growth Mindset into Your Classroom:

*Goal Setting Chart

*Rebound of the Week

*Journaling - respond to Growth Mindset quotes

*Project Based Learning using the Engineering Design Process

*Beautiful Oops by Barney Saltzberg = Arts Integration activities

*The Dot and Ish by Peter Reynolds = ELA & Arts Integration activities

-Character traits/development/transformation, life lessons learned through a Growth Mindset
-Visual Art lessons on shapes, color, negative/positive space

Action Steps:
Moving forward how will I integrate growth mindset into my teaching and learning?

Next Steps

Featured Articles:

Fostering Grit with a Growth Mindset by Deirdre Moore

Cultivating Growth Mindset in the Classroom by Brianne Gidcumb

Language and Growth Mindset - What’s the Connection? By Deirdre Moore

Developing a Growth Mindset in Teachers and Staff (Facebook post)

FEATURED COURSE:

Assessment for Makers Online Course from EducationCloset