

Lesson Focus: Growth Mindset

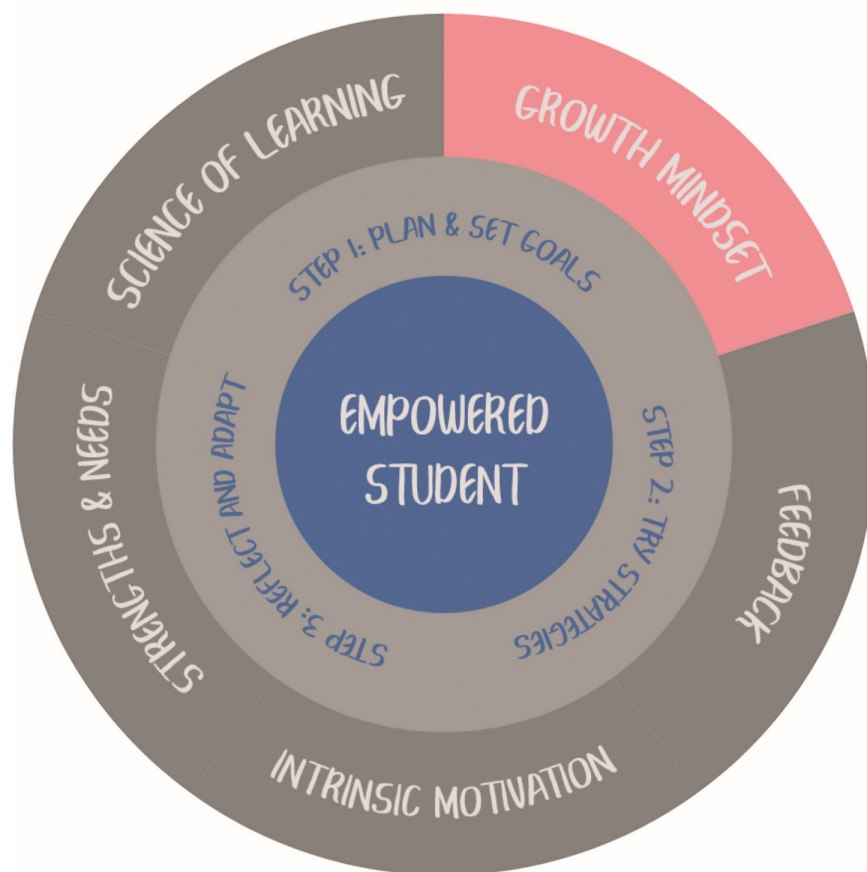


Figure 4: Growth mindset

Lesson 2

The Importance of Mindset

If students approach learning with a growth mindset, they believe they're in control of improving their performance and achieving their goals. Over time, this leads to improved self-confidence and a resilience that helps them continue to strive and grow even when they face setbacks (<https://my.mindprintlearning.com/toolbox/toolbox-demo/product/11786>).

For students with a fixed mindset, achievement might be viewed as beyond their control because "I'm not smart enough" or "I'm just not good at this." They might not put in the required effort because they do not believe they will be successful. With bright students, it might mean doing just enough to look good without risking making a mistake, or not trying if there is a risk they might not succeed. For self-regulated learning to be successful, students must be willing to put in the required effort without consistent prodding, and this drive comes from a true belief that they are in control of their own growth and success. The desire to be better must come from within.



VITAL VOCAB

mindset: A concept researched by Stanford Professor Carol Dweck (www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve) showing that your beliefs about your ability to learn can have a significant impact on achievement.

fixed mindset: Belief that one's capabilities and talents are mostly fixed and will not change significantly with effort.

growth mindset: Belief that capabilities can be developed through effort and an ongoing willingness to try new strategies, accept feedback, and adapt.



TEACHER TAKEAWAYS

- While there are some aspects of growth mindset that can be taught, growth mindset should be viewed as a set of thought processes that must be continuously nurtured and developed.
- Instilling growth mindset requires consistency and ongoing reinforcement for good effort, risk taking, and the ability to persevere until you succeed.
- Growth and improvement require an understanding of *how* you work best, what specific strategies will enable you to succeed, and a willingness to keep trying new approaches until you achieve success.



STUDENT TAKEAWAYS

- Your mindset, or how you view your ability to learn and grow, will have a big impact on your ultimate success, regardless of your starting point.
- If you want to improve, you need to be open to taking feedback and adjusting. The most successful students are those willing to listen and make changes.
- Growth mindset is not only about working hard, but also about working smart. This process will help you discover how to work more efficiently, focus your efforts, and continue to grow and succeed. However, you must be open to feedback and willing to change.

**MINDPRINT STRATEGIES FOR STUDENTS**

- Remind Students You Believe in Them (<https://my.mindprintlearning.com/toolbox/toolbox-demo/product/12206>) (T)
- Throw Away Test Anxiety (<https://my.mindprintlearning.com/toolbox/toolbox-demo/product/1997>) (T, S)
- Share True Stories (<https://my.mindprintlearning.com/toolbox/toolbox-demo/product/12183>) (T)
- Teach to Speak Up About Needs (<https://my.mindprintlearning.com/toolbox/toolbox-demo/product/11514>) (T, S)
- Encourage and Learn from Mistakes (<https://my.mindprintlearning.com/toolbox/toolbox-demo/product/11786>) (T)

**A CLOSER LOOK**

- Articles on Growth Mindset; Mindprint Learning (mindprintlearning.com/article/topics/academic-potential/grit-growth-mindset/)
- Brainology/Mindset Works Free Resources; Mindset Works (www.mindsetworks.com/Free-Resources/)



LESSON ACTIVITIES

Direct Instruction

What is growth mindset? (E, M, H)

Teacher-Led Discussion

Review the Science of Learning lesson as appropriate.

Growth mindset is about continuous improvement and understanding. We all have the power to strengthen our brains by putting forth the effort, taking feedback, and using the right strategies to adjust and improve.

Making mistakes is a necessary part of growth and improvement. No one tries new things and gets them right the first time. If you are not making mistakes, you are not stretching your mind and growing. Everyone in this room, in the world, has plenty of opportunity for growth. So, if you're not making mistakes, you aren't doing your job as a learner, and I'm not doing my job as a teacher.

Teacher Example

Give a personal example about something you learned by working hard and using strategies to overcome challenges. The more personal and the more details, the more likely your story will resonate.

Explain what you wanted to accomplish and why it was important to you.

Highlight how you put forth effort.

Highlight how you had to use a combination or try different strategies to achieve your goal.

Include a mistake you made and how it helped you grow. If it is funny, even better. It is crucial for students to accept mistakes with good humor.

Student Activity

Have students fill out the following Sharing & Storytelling worksheet and then share in pairs in groups of three, or in class discussion. (E, M, H)

Student Activity

You create the class poster I Can Help Myself Grow! with the Fixed Mindset column all or partially filled in. Include subject-specific items as appropriate.

Students fill in the Growth Mindset column and any other ideas for Fixed Mindset. Hang in the classroom and refer to the poster for ongoing coaching. (E, M, H)

Student Activity

Everyone Makes Mistakes: Have students find a quote from someone famous that addresses growth mindset. Ask them to explain how the quote is relevant to something they have done in the past or want to do in the future. Then students can write, draw a picture, or make a video depicting that quote. (E, M, H)

Student Activity

I Can Be Famous: Ask students to choose a biography of someone famous and have them answer and discuss the questions. Reading a true story can help students appreciate that success requires hard work, overcoming obstacles, and resilience in response to failures. (E, M, H)

Student Activity

Have students watch and discuss Ted Talk: Write Your Story, Change History, by Brad Meltzer (www.youtube.com/watch?v=9LR7Vb6mqts). Focus on the message, "Dream big, work hard, stay humble." (M, H)

STUDENT ACTIVITY: Sharing & Storytelling

Name: _____

In one or two sentences, describe a problem or something new you tried.

List 3–4 things you did to solve the problem or overcome a challenge. How did you work hard, practice, or use strategies to succeed?

1. _____
2. _____
3. _____
4. _____

Mistakes happen. List 1–2 mistakes or things that went wrong along the way and what you did to correct them.

1. _____
2. _____

What did you learn from the experience? How have you changed or improved as a result?

STUDENT ACTIVITY:

I Can Help Myself Grow!

Name: _____

FIXED MINDSET	GROWTH MINDSET
Instead of...	I can say...
I can't do it	
This is too hard	
I'm bad at...	
It didn't work. I give up!	
That's so easy for me	
This is good enough	
Add your own:	

STUDENT ACTIVITY:

Everyone Makes Mistakes

Name: _____

Select a quote from someone famous that reflects growth mindset. You will find some options below or you can find your own. How is that quote relevant to an experience you have had or a goal you hope to achieve? Draw a picture, create a video, or write about why the quote is meaningful to you.

"Nothing great was ever achieved without enthusiasm."

—RALPH WALDO EMERSON

"You miss 100% of the shots you don't take."

—WAYNE GRETZKY

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

—MICHAEL JORDAN

"I have not failed. I have just found 10,000 ways that won't work."

—THOMAS EDISON

"Insanity: Doing the same thing over and over again, and expecting different results."

—ALBERT EINSTEIN

"Success is only meaningful and enjoyable if it feels like your own."

—MICHELLE OBAMA

"Success is not final, failure is not fatal: it is the courage to continue that counts."

—WINSTON CHURCHILL

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

—COLIN POWELL

STUDENT ACTIVITY:

I Can Be Famous

Name: _____

Choose a biography of someone you would like to learn more about. After you finish reading, answer the following questions.

What was the person's original life goal? Did they meet their goal? Surpass it? Achieve a different goal?

What major obstacles did the person need to overcome to become successful?

What key personal characteristics enabled him/her to achieve the goal?

Who was important in helping him/her achieve the goal?

Why do you think he or she was successful whereas others were not as successful?

What traits do you share with this person?
