

GROWTH MINDSET

Fixed Mind-set

Intelligence is static

FIXED

Leads to desire to look smart and therefore a tendency to...

VS

Growth Mind-set

Intelligence can be developed

GROWTH

Leads to desire to learn and therefore a tendency to...

...Avoid challenges



CHALLENGES



...Embrace challenges

...Give up easily



OBSTACLES



...Persist in the face of setbacks

...See effort as fruitless or worse



EFFORT



...See effort as the path to mastery

...Ignore useful negative feedback



CRITICISM



...Learn from criticism

...Feel threatened by the success of others



SUCCESS OF OTHERS



...Find lessons and inspiration in the success of others

FIXED

Gives a deterministic view of the world

LAIDLEY STATE HIGH SCHOOL
Success through Growth Mind-set

GROWTH

Gives a greater sense of free will

As a result, they may plateau early and achieve less than their full potential

As a result they reach ever-higher levels of achievement

CHANGE YOUR WORDS

CHANGE YOUR MINDSET

I'm just not that good at this.

I give up.

I'll never be as smart.

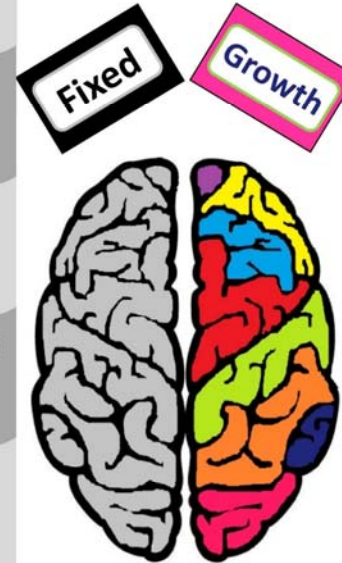
I'll never get this.

I'm never going to get this.

I can't make this any better.

I made a mistake.

It's good enough.



I'll try the strategies that I've learned.

I'll keep trying.

This may take some time and effort.

With a little help, I can get this!

I'm on the right track!

What am I missing?

Mistakes help me improve.

Is this really my best work?

WHEN YOU CHANGE YOUR WORDS, YOU CHANGE YOUR MINDSET

IF I
SAY TO
MYSELF...

...START
THINKING
INSTEAD

- | | | |
|---|---|--|
| I'm not good at this! | ➔ | What am I missing here? |
| I'm awesome at this! | ➔ | I'm on the right track. |
| I give up. | ➔ | I just need to find the right strategy. |
| This is just too hard. | ➔ | It's just going to take some time & effort. |
| I can't make this any better. | ➔ | I can improve this, it's just going to take more effort. |
| I can't do Math. | ➔ | I just need to train my brain in Math. |
| I made a mistake. | ➔ | Mistakes are what help me to learn better for next time. |
| They seem so smart, I will never be that smart. | ➔ | I'm going to figure out exactly how they're doing this. |
| It's good enough. | ➔ | Is this really my best work? |



sproutbite

GROWTH MINDSET SELF-TALK

@kwiens62

- | | | | |
|--|--|--|---|
| A TTITUDE & EFFORT DETERMINE HOW MUCH I LEARN | I CAN B E BRAVE & STEP OUT OF MY COMFORT ZONE | C HALLENGES HELP ME GROW | I'LL TRY A D IFFERENT STRATEGY |
| E FFORT MAKES ME STRONGER | I CAN WELCOME F EEBACK | G ETTING BETTER TAKES TIME | H OW CAN I BUILD ON MY STRENGTHS? |
| I CAN CHOOSE A GROWTH MINDSET | J LEARNING IS A JOURNEY | I CAN K EEP AN OPEN MIND | L LEARNING IS MY GOAL ... NOT PERFECTION |
| M ISTAKES HELP ME IMPROVE | N EW THINGS ARE OPPORTUNITIES FOR ME TO LEARN | IT'S O K TO NOT KNOW SOMETHING | S UCCESS OF OTHERS INSPIRES ME |
| Q WHEN I ASK QUESTIONS, I LEARN | P PLAN B MIGHT WORK | IT'S OKAY TO TAKE R ISKS | W HAT CAN I LEARN FROM THIS? |
| T I CAN CHOOSE TO TRY AGAIN | U UNSUCCESSFUL ATTEMPTS ARE ALL PART OF THE PROCESS | V ALUABLE INFORMATION CAN BE FOUND IN EVERY FAILURE | Z ANY IDEAS CAN LEAD TO AMAZING THINGS |
| X YZ DIDN'T WORK I'LL TRY ABC | I DON'T KNOW HOW TO DO THIS... Y ET! | | |

PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

www.biglifejournal.com

PRAISE

FOR:

EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE
RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR:

BEING SMART
BORN GIFTED
TALENT
FIXED ABILITIES
NOT MAKING MISTAKES

SAY:

"YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"
"WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."

THE POWER OF "NOT YET"

SAY:

"YOU CAN'T DO IT YET."
"YOU DON'T KNOW IT YET."

"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"

GROWTH MINDSET
YOU CAN
GROW YOUR
INTELLIGENCE

VS

FIXED MINDSET
YOU CAN'T
IMPROVE
NATURAL ABILITIES
YOU WERE
BORN WITH

BRAIN CAN GROW

SAY:

"YOUR BRAIN IS LIKE A MUSCLE. WHEN YOU LEARN, YOUR BRAIN GROWS. THE FEELING OF THIS BEING HARD IS THE FEELING OF YOUR BRAIN GROWING!"

FAILURES AND MISTAKES = LEARNING

SAY:

"YOU CAN LEARN FROM YOUR MISTAKES."
"MISTAKES HELP YOU IMPROVE."
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

ASK

"WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"
"WHAT NEW STRATEGIES DID YOU TRY?"
"WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"
"WHAT DID YOU TRY HARD AT TODAY?"

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.

The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

Persistence



Failure



Sacrifice



Disappointment



WHAT PEOPLE DON'T SEE

Dedication



Hard work



Good habits



@sylviaaduckworth



FIXED MINDSET

- > Success comes from talent.
- > I'm either smart or dumb.
- > I don't like challenges.
- > Failure means I can't do it.
- > Feedback is a personal attack.
- > If you succeed, I feel threatened.
- > If something's too hard I give up.



GROWTH MINDSET

- > Success comes from effort.
- > I can grow my intelligence.
- > I embrace challenges as a chance to grow.
- > Failure means I'm learning.
- > Feedback helps me grow.
- > If you succeed, I'm inspired.
- > I keep trying even when I'm frustrated.