

Growth Mindset



Friday, August 31, 2018

10:00 am – 11:00 am



Agenda

Deliverable(s):

- Know and understand the qualities of a growth mindset
- Establish what shifts you need to make to increase your growth mindset
 - Readiness: Complete Growth Mindset Quiz
 - Delivery: PowerPoint
 - Performance: Mindset Scenarios
 - Transfer: Identify 3 ways to increase your growth mindset

Action Plan:

- Practice a mindset mantra each month
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Readiness:

In your folder, take out the Growth Mindset Quiz. Read and answer all questions.

When completed, complete the scoring section of the quiz.

Mindset Quiz

Place a check in the column that identifies the extent to which you agree or disagree with the statement.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. Your intelligence is something very basic about you that you can't change very much.				
2. No matter how much intelligence you have, you can always change it quite a bit.				
3. You can always substantially change how intelligent you are.				
4. You are a certain kind of person, and there is not much that can be done to really change that.				
5. You can always change basic things about the kind of person you are.				




Delivery:

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Fixed	Growth
I'm either good at it, or I'm not.	I can learn anything I want to.
When I'm frustrated, I give up.	When I'm frustrated, I persevere.
I don't like to be challenged.	I want to challenge myself.
When I fail, I'm no good.	When I fail, I learn.
Tell me I'm smart.	Tell me I try hard.
If you succeed, I feel threatened.	If you succeed, I'm inspired.
My abilities determine everything.	My effort and attitude determine everything.






Delivery:

Scenario #1

You were one of the top students in your elementary school and now you're in middle school where you find yourself struggling for the first time in your life. Your teacher no longer praises you and other students seem to work less than you do and still make higher grades.

How would a person with a fixed mindset respond? List 3 specific feelings or actions this person would demonstrate.

How would a person with a growth mindset respond? List 3 specific feelings or actions this person would demonstrate.





Delivery:

Scenario #2

It's always been your dream to become an artist (or writer). When school starts, you see that an Art (or Creative Writing) class is being offered. In the course description, however, it states that as part of the class, students will review each other's work and give feedback every week. The idea of having others view your work scares you.

How would a person with a fixed mindset respond? List 3 specific feelings or actions this person would take.

How would a person with a growth mindset respond? List 3 specific feelings or actions this person would take.




Delivery:

Scenario #3

You've never made anything less than an A before. You enroll in a class and find the material and teacher fascinating. On the first of three tests, however, you receive a C+. You have the option of changing classes the day after the first test, but the opportunity to switch classes is no longer available.

How would a person with a fixed mindset respond? List 3 specific feelings or actions this person would take.

How would a person with a growth mindset respond? List 3 specific feelings or actions this person would take.





Delivery:


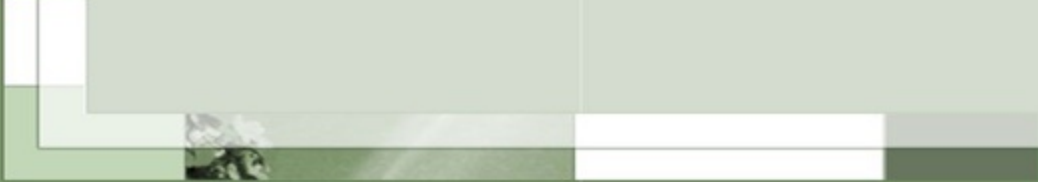
Scenario #4

You're new to school and you love to play soccer. A few students in your class are also soccer players and they invite you to try out for the soccer team. You try out but realize you're not as good as most of the members on the team. After the try-outs, you're invited to join the team but with the knowledge that you won't start and will likely receive very little playing time.

How would a person with a fixed mindset respond? How would a person with a growth mindset respond?


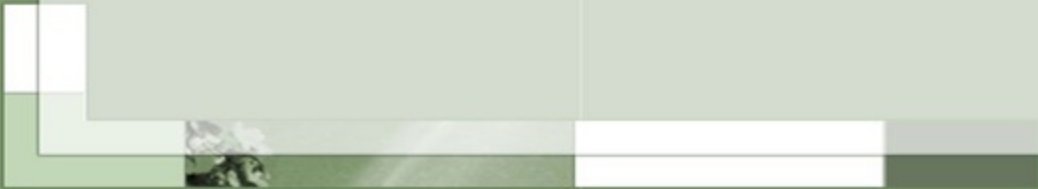


Performance:

- With a partner,
 - Choose an envelope
 - Read the scenario
 - Answer the questions
 - Share with the group
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Transfer:

- Looking at your quiz results, determine your mindset. Record and provide evidence to support your result. Then, find 3 areas where your mindset can be increased from fixed to growth and design a plan of action to meet that goal.
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Plan of Action:

GROWth Mindset MONTHLY Mantras

~ Empowering Students to Achieve ~

Excerpts taken from [The Growth Mindset Coach](#) by Annie Brock and Heather Hundley

September	Everyone Can Learn
October	MY Brain is Like a MUSCLE That GROWS
NOVEMBER	I Am a Valued Member of This Learning Community
December	We Love a Challenge
January	Feedback IS a Gift - ACCEPT It
February	A Goal Without a Plan is Just a Wish
March	Mistakes Are Opportunities for Learning
April	There's a Difference Between NOT KNOWING and NOT KNOWING YET
May	I Got ThiS
June	I Can't Take Care of Others If I don't Take Care of MYSELF