Growth Mindset

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Ralph Polley, Jason Ondruch, Kevin Nunn, & Kamil Safin
"Failure is an opportunity to grow"
GROWTH MINDSET
- I can learn to do anything I want
- Challenges help me to grow
- My effort and attitude determine my abilities
- Feedback is constructive
- I am inspired by the success of others
- I like to try new things

"Failure is the limit of my abilities"
FIXED MINDSET
- I’m either good at it or I’m not
- My abilities are unchanging
- I don’t like to be challenged
- My potential is predetermined
- When I’m frustrated, I give up
- Feedback and criticism are personal
- I stick to what I know
In 1998 she published a turning point paper “Praise for intelligence can undermine children’s motivation and performance”. By 2014 she was publishing on Growth Mindset.
CAROL S. DWECK, Ph.D.

mindset
THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN LEARN TO FULFILL OUR POTENTIAL

*parenting
*business
*school
*relationships

1.8 MILLION COPIES IN PRINT

“Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”
—BILL GATES, GatesNotes

‘Essential reading for anyone with aspirations.’
Matthew Syed, Bounce

MINDSET
HOW YOU CAN FULFIL YOUR POTENTIAL

Business
Parenting
School
Relationships

DR CAROL S. DWECK
Through effort I can learn things I don’t know, acquire skills I don’t have and become smarter.

I can persist by reframing struggle, difficulty and setbacks until I see them as interesting challenge, opportunity and a second chance to learn.

I can pay attention to my efforts in a mindful way that enables me to improve.
Which behaviours to praise

- Effort
- Learning
- Asking for feedback
- Persistence
- Courage
- Curiosity
- Choosing difficult tasks
- High Standards
Growth Mindset – One Teacher’s Experience

Kevin Nunn
Growth Mindset – One Teacher’s Experience

Jason Ondruch
Growth Mindset – In Conclusion

Kamil Safin – The Learning Pit
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
What is the Learning Pit?

Getting out of the Learning Pit with Growth Mindset

Selling Students on Themselves: The Educational Usefulness of the Concept of Growth Mindset
The Learning Pit is used around the world to promote challenge, dialogue and a growth mindset. It was created by James Nottingham. @TheLearningPit
Facing a challenge → Understanding → Confusion → Deep learning → Trying to solve it → Success!

Having a go

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 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
Not a Learning Pit strategy

According to Carol Dweck, most fixed mindset learners believe that,

"...success is about being more gifted than others, that failure does measure you,
and that effort is for those who can't make it on talent."

pg.44 Mindset Carol S. Dweck
What strategies can help learners pull themselves out of the pit?
Success is about being your best self, not about being better than others; failure is an opportunity not a condemnation; effort is the key to success.” p.44 MindSet Carol S. Dweck
“What if we don’t change at all ... and something magical just happens?”
Grit

It's not that I'm so smart, it's just that I stay with problems longer.
- Albert Einstein
Prior Knowledge
Deep Learning Requires Growth Mindset

A systematic approach is required to help learners build confidence in their learning abilities.
Consistency

It is important to submerge students into Growth Mindset environment beginning from elementary school.

Weekly 7-10 minute mini lessons or motivational activities could help children to really understand the importance of growing their minds every day.
Visual Reminders
A postal stamp company has 399 stamps. The simple question asks if they have any more stamps. The answer is yes, with 1,091 more stamps.

There are two girls, one has 399 and the other has 1,091 donuts. How many donuts do they have in all?

There are four princesses. Each princess has 234 gowns. How many gowns do they have in all?

There are 4 owls. Each owl has 40 feathers. Then, the same witch who cursed the giraffes came and cursed the owls when they got cursed, there were 25 more feathers. How many feathers are there all together?
Getting out of the Learning Pit with Growth Mindset

Selling Students on Themselves: The Educational Usefulness of the Concept of Growth Mindset
Understanding
confusion

Believe in yourself, challenge builds character.
understanding

confusion

Gather data, analyze, define...

Believe in yourself, challenge builds character.
understanding
confusion

Gather data, analyze, define...
Believe in yourself, challenge builds character.

Use prior knowledge and skills
understanding
confusion

Reflect, design, act.
Use prior knowledge and skills
Gather data, analyze, define...
Believe in yourself, challenge builds character.
understanding confusion

Mistakes help. Rethink and act again.

Reflect, design, act.

Use prior knowledge and skills

Gather data, analyze, define...

Believe in yourself, challenge builds character.
understanding confusion

Try hard. Compete with yourself.
Mistakes help. Rethink and act again.
Reflect, design, act.
Use prior knowledge and skills

Gather data, analyze, define...
Believe in yourself, challenge builds character.
Hard-won steps lead to knowledge.

Do not give up!

Find help.

Try hard. Compete with yourself.

Mistakes help. Rethink and act again.

Reflect, design, act.

Use prior knowledge and skills

Gather data, analyze, define...

Believe in yourself, challenge builds character.