

# Growth Mindset

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"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"

"I can either do it,  
or I can't"

"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.

growth  
**MINDSET**

– Carol Dweck

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UPDATED EDITION

CAROL S. DWECK, Ph.D.

# mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN  
LEARN TO FULFILL  
OUR POTENTIAL

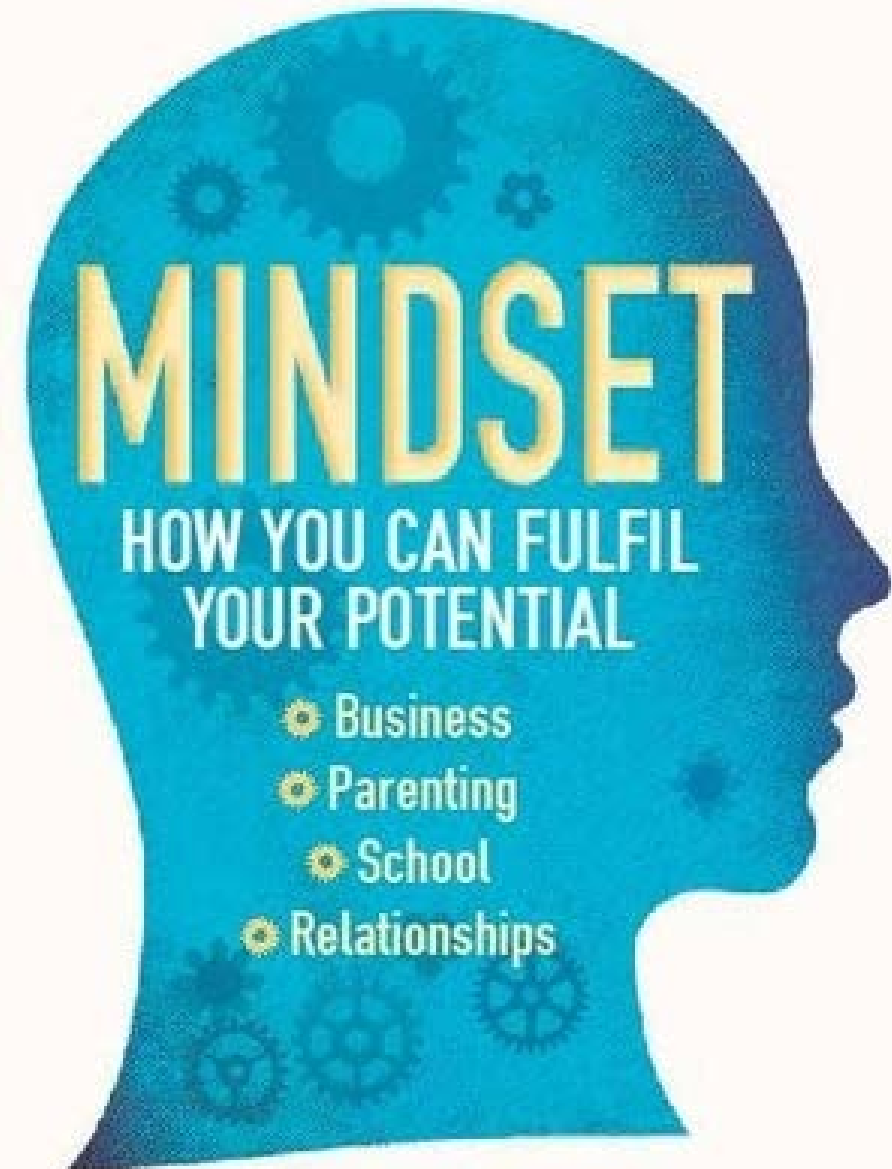
1.8  
MILLION  
COPIES  
IN PRINT

\*parenting  
\*business  
\*school  
\*relationships

"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*



DR CAROL S. DWECK

# growth MINDSET

– Carol 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



growth  
**MINDSET** – One  
– Carol Dweck  
Teacher's Experience

Kevin Nunn

growth  
**MINDSET** – One  
– Carol Dweck  
Teacher's Experience

Jason Ondruch

# growth MINDSET – In

– Carol Dweck

## Conclusion

Kamil Safin – The Learning Pit



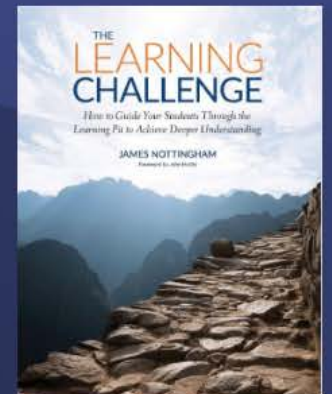
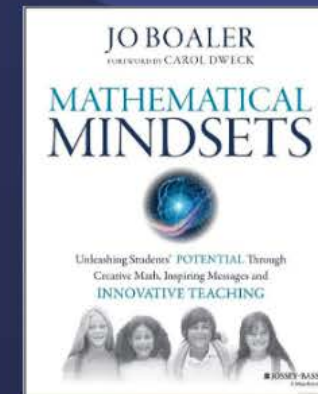
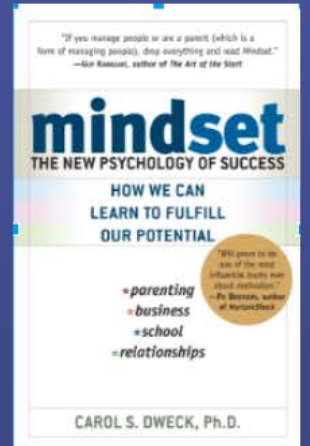
**I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty six times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.**

— [Michael Jordan](#)

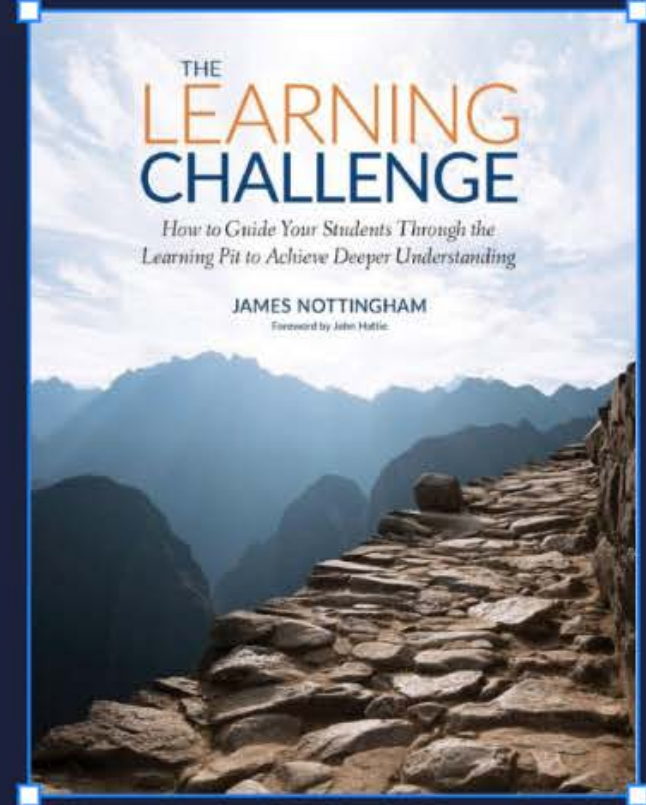
What is the  
**Learning  
Pit?**

## 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**

**THE LEARNING PIT**

**SUCCESS!**

UNDERSTANDING  
CONFUSION

"I'VE MISSED MORE THAN 1000 SHOTS IN MY CAREER.  
I'VE LOST ALMOST 300 GAMES.  
24 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 SUCCEEDED."

**MICHAEL JORDAN**

**HAVING  
A GO**

**TRYING TO  
SOLVE IT**

DEEP LEARNING

**CONFUSION OR**



## Not a Learning Pit strategy



Умрёт, пропадёт  
Бегемот!!!

— Ладно! Бегу! Бегу!  
Если могу, помогу!

11

Ох, нелёгкая это работа —  
Из болота тащить бегемота!

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?



Baron Munchausen

**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

Competing  
with  
yourself

**Effort**

**Grit**

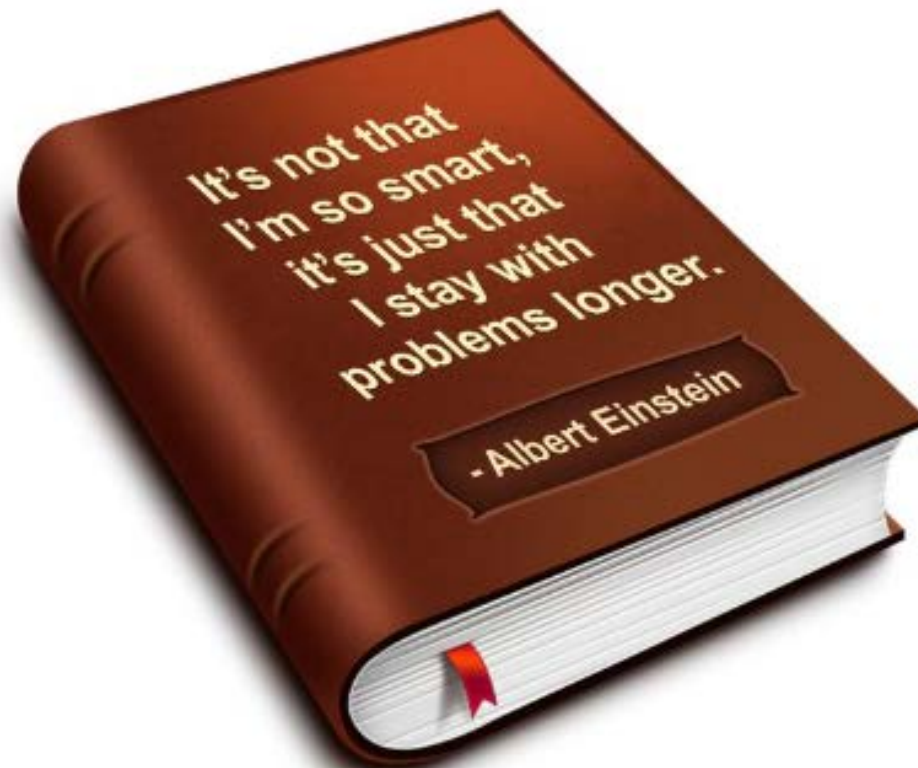
Prior  
Knowledge



# Effort



# Grit



# Prior Knowledge

20 Evaluate each expression without a calculator

(a)  $\cos\left(\arcsin\frac{2}{3}\right)$

$x = \arcsin\frac{2}{3}$

$\sin x = \frac{2}{3}$

$\sin^2 x + \cos^2 x = 1$

$\cos^2 x = 1 - \sin^2 x$

$\cos^2 x = 1 - \left(\frac{2}{3}\right)^2$

$\cos^2 x = 1 - \frac{4}{9}$

$\sqrt{\cos^2 x} = \sqrt{\frac{5}{9}}$  ?

$\cos x = \frac{\sqrt{5}}{3}$

# Deep Learning Requires Growth Mindset

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

**Consistency**

**Visual  
Reminders**

**Deep  
Learning**

# 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.

**Topic:** Growth Mindset Video about Steve Jobs

**Goal:** To help our students develop a growth mindset and foster a classroom culture of grit and perseverance.

**Time:** Monday mornings in HR 10 minutes, 15 minutes max

**Lesson (video link, book, slide show, etc.):**

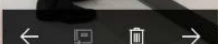
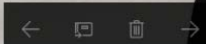
<https://www.youtube.com/watch?v=EIVUqr0y1EE&t=15s>

**Wrap Up (discussion questions, activity, etc.):**

A little science lesson about our brain and why the growth mindset works.

Think of things you used to find challenging when you were younger but that seem easy now. Now, applying the growth mindset and what you just learned, why do you think those things seem easy to you?

What are you struggling with that you haven't got yet? Set it as your goal this week and work at it!

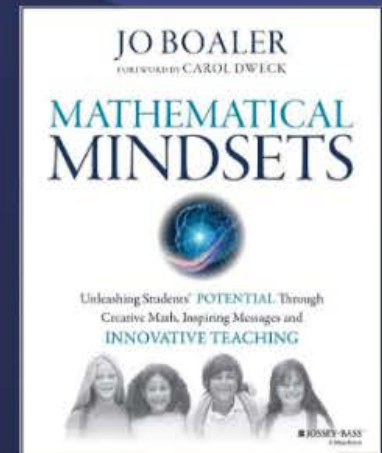


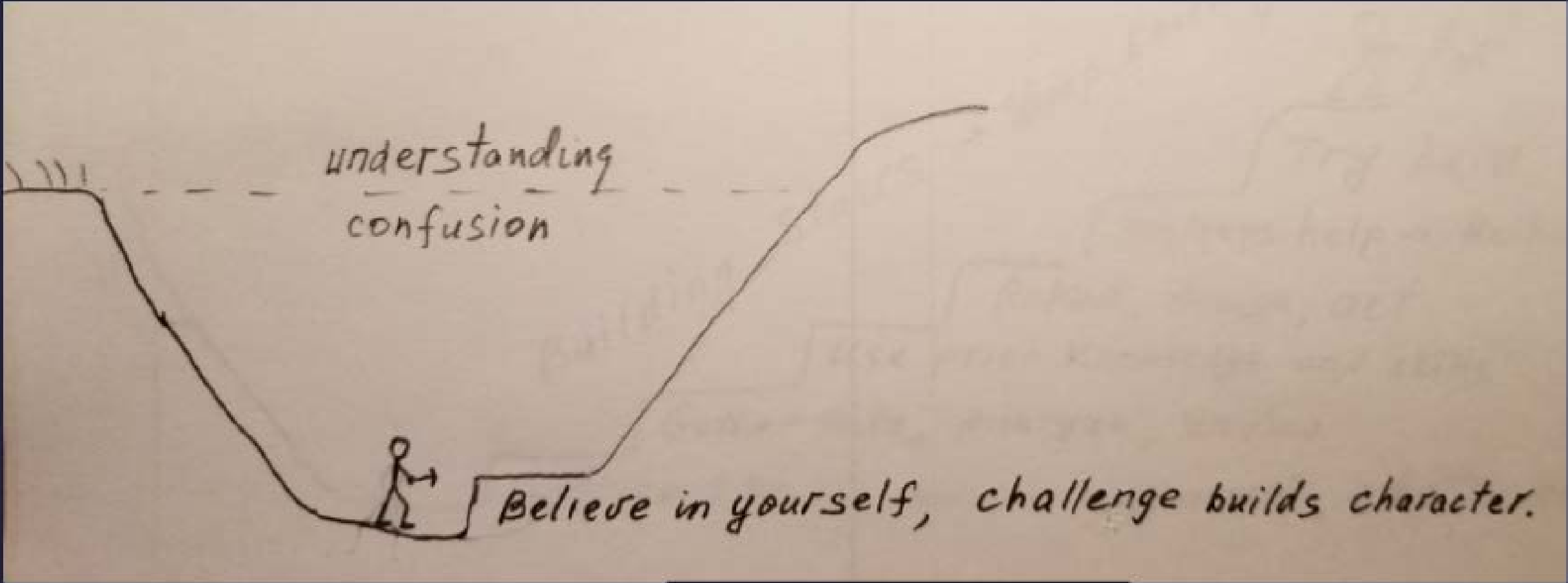
A small, stylized drawing of a blue and purple creature with large ears and a ruffled collar. The creature has a blue body, purple wings, and a purple ruffled collar. It has large, pointed ears and a small, smiling mouth. It is standing on two thin legs with three-toed feet.

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**Learning  
Pit?**

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understanding  
confusion

Believe in yourself, challenge builds character.

understanding  
confusion



Gather data, analyze, define...

Believe in yourself, challenge builds character.

understanding  
confusion



Use prior Knowledge and skills

Gather data, analyze, define...

Believe in yourself, challenge builds character.

understanding  
confusion

Reflect, design, act.

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Mistakes help. Rethink and act again.

understanding  
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Believe in yourself, challenge builds character.

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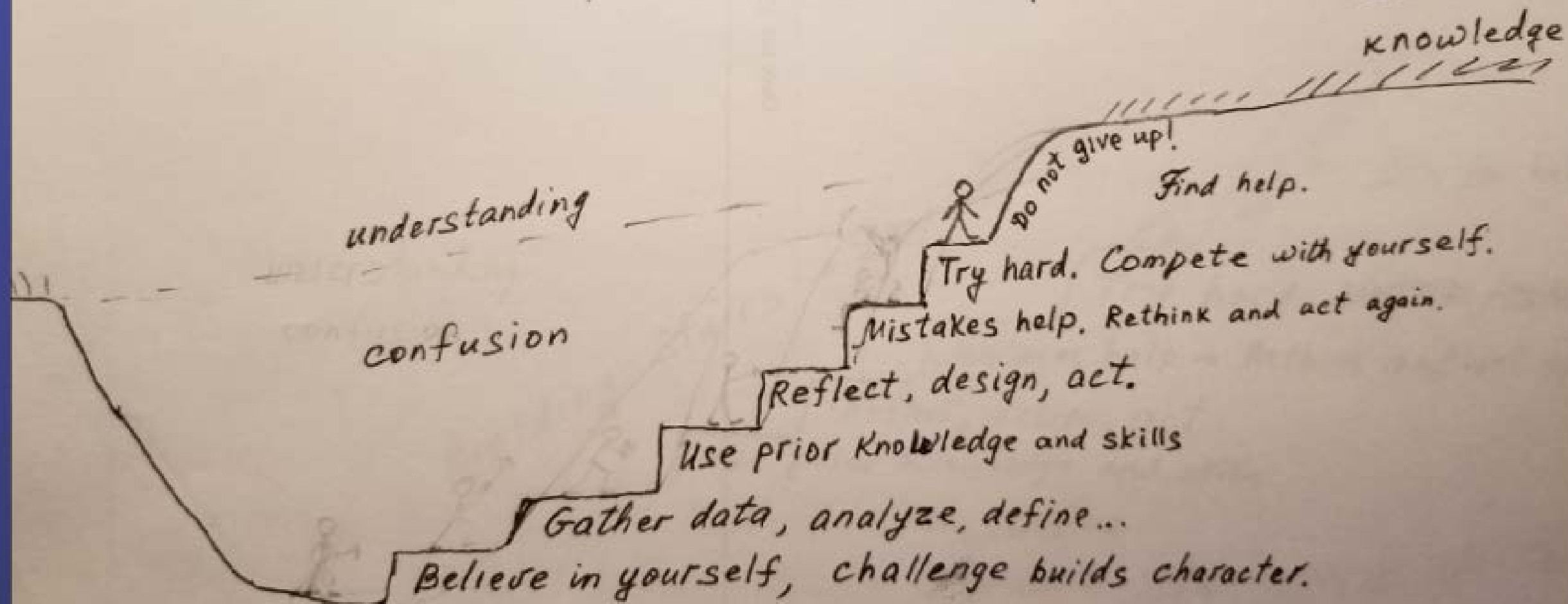
Reflect, design, act.

Mistakes help. Rethink and act again.

Try hard. Compete with yourself.



Hard-won steps lead to Knowledge.





# QUESTIONS AND ANSWERS

