

# MINDSET



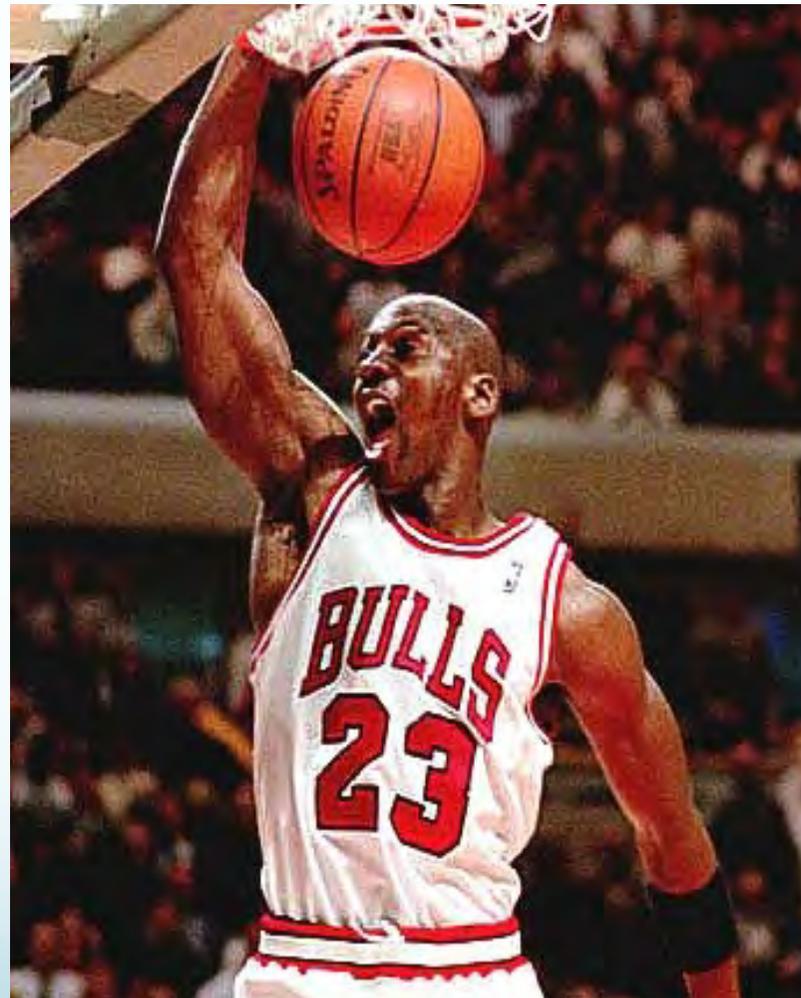
The psychology of  
achievement and learning

**Are we born...**

**smart?**



**an athlete?**



**a leader?**



**a composer?**



an artist?



# Are we born

good at math?



good at acting?



good at science?



good at music?



OR...

Can abilities, intelligence and talents grow with effort and hard work?

What do you  
think and why?

WHAT DOES  
RESEARCH SAY?

"I don't divide the world into the weak and the strong, or the successes and the failures, those who have it and those who do not.

I divide the world into the **learners** and the **non-learners**."

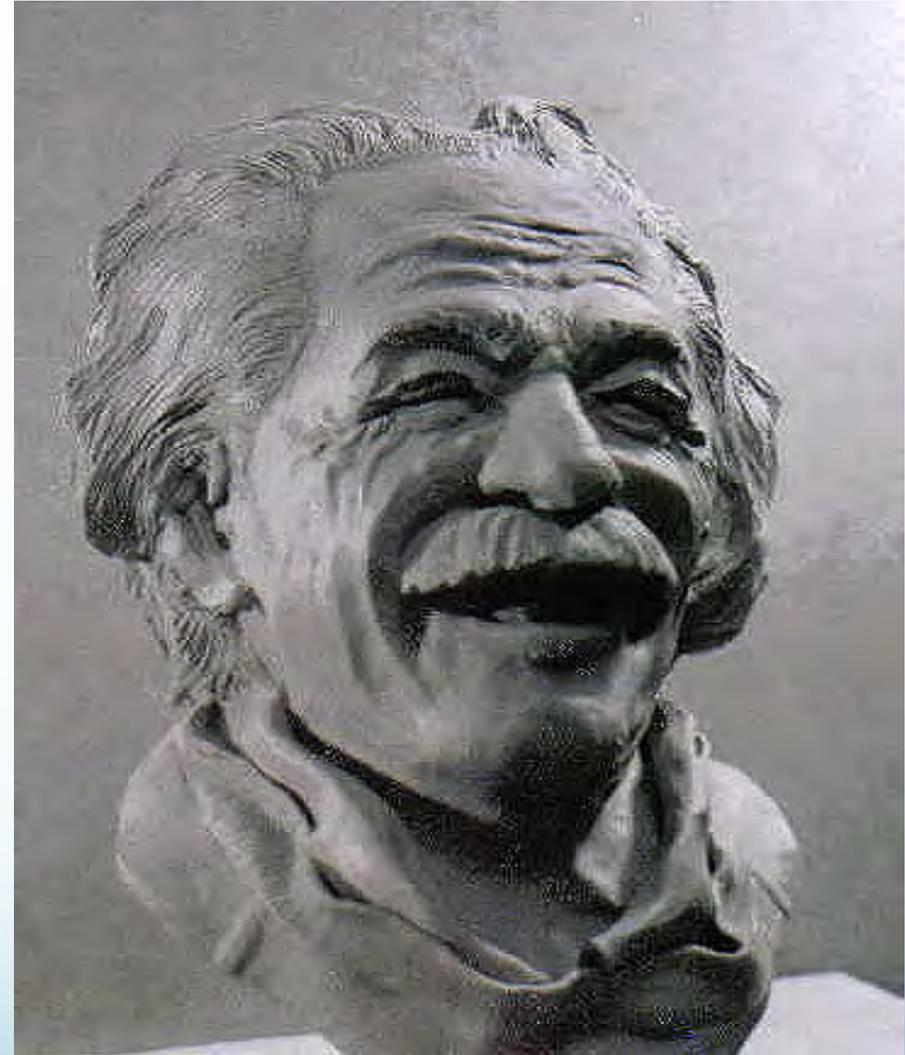
~ Benjamin Barber

Everyone is born with an intense drive to learn.



# A **FIXED MINDSET** believes:

- Intelligence is **CARVED IN STONE**
- Scores on a test **MEASURE POTENTIAL**
- **Intelligent** people should **NOT** have to work hard
- Failure reflects a **LACK of INTELLIGENCE**



# A GROWTH MINDSET

believes:



- Intelligence is **MALLEABLE**
- Learning requires **EFFORT** and **HARD WORK**
- **ALL** individuals **CAN LEARN** and **IMPROVE**
- We **CANNOT MEASURE** a person's **POTENTIAL**
- **MISTAKES** help us learn

# How do the two mindsets view EFFORT?

## FIXED MINDSET

- a reflection of low intelligence
- Hard work means "I don't get it, I'm stupid"
- Effort = lack of ability

## GROWTH MINDSET

- a necessary part of success
- is required to overcome difficulty or face a setback
- Effort = success

# How do MINDSETS Respond to failure?



The **FIXED** MINDSET adopts  
a helpless response



- Gives up trying
- Feels defeated, depressed, low self-esteem
- Blames or makes excuses
- Doesn't pay attention to the learning
- Is willing to cheat



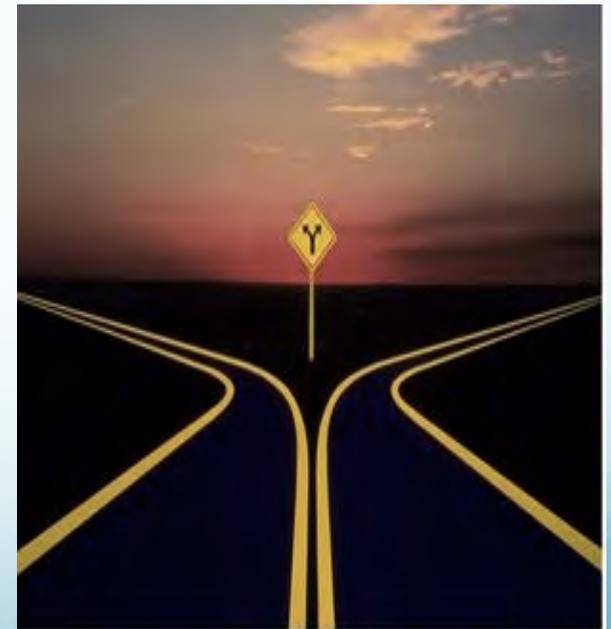
The **GROWTH MINDSET**  
adopts a learning or mastery  
response



- Keeps going-tries harder
- Thinks 'outside the box'
- Factors in many different considerations
- Doesn't think she is failing so blames no one
- Tries other routes if one does not work
- Remains hopeful that he will get there
- Takes on more challenging problems



$$\int_a^b f(x) dx = F(b) - F(a)$$



Where are you noticing a **fixed mindset** in your child? A **growth mindset**? Turn and talk with your neighbor.



How can you encourage  
a growth mindset in  
your child?

- Nurture **risk-taking**



- Emphasize that **fast learning** is not always the deepest and best learning
- Ask your child to **explain** his/her thinking
- Encourage a "**can do**" attitude



- Ask "What can be **learned** from this?"
- Share your own **experiences**

The brain is a muscle





**MISTAKES OK!**

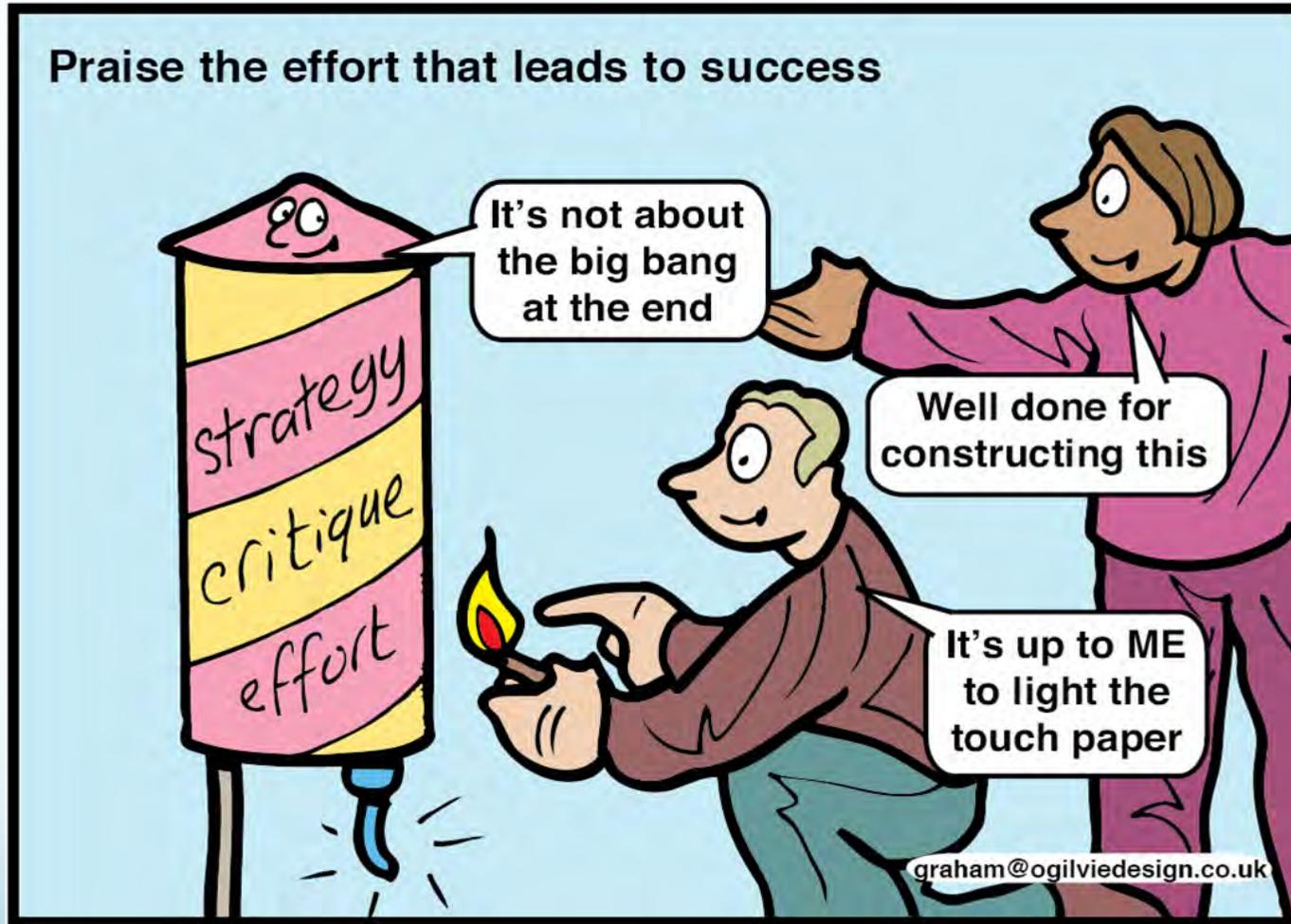
That's how we learn.

**Effort** is required for  
success



YET

# Praise is not a villain



[Exploring a Growth Mindset](#)

# Praise for effort encourages students to:

- adopt a growth mindset
- create learning goals
- display a mastery response when faced with setback.



This type of praise increases  
motivation and success

# Praise for ability, intelligence, talent encourages students to

- Set performance goals over learning goals



- Lie about scores

- Respond in a helpless manner when facing setbacks

**Questions** you might ask  
your child  
when she/her comes home  
from school...

- What did you **learn** today?
- What did you really **work hard** at?
- What are you **getting better** at?

**What else might  
you ask your child?**

# **TAKE AWAYS....**

**What might you try in the  
next day or two?**

**QUESTIONS?**

**COMMENTS?**