

Ignite Learning with a Growth Mindset!

Emily Diehl

Director K-12 Professional Learning and Curriculum Design



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I used to think... but now I know...



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The Recipe to GROW your brain

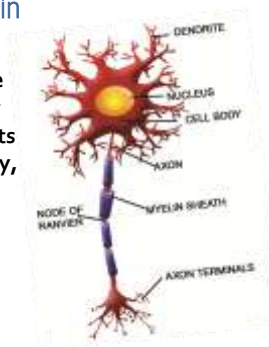
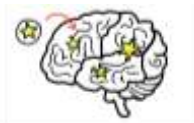
- Eat Leafy Greens, Eggs, Nuts, Fish, and drink lots of water!
- Sleep 9-10 hours EVERY night!
- Get Your exercise!
- Use your calming strategies!

Healthy Habits Make a Specific Difference in Brain Development



Learning about the Brain

When students learn that the brain gets stronger...literally changes with practice, it affects their motivation and ultimately, their achievement.



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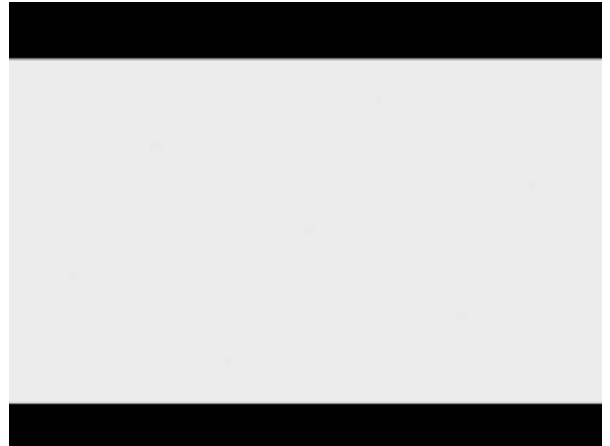
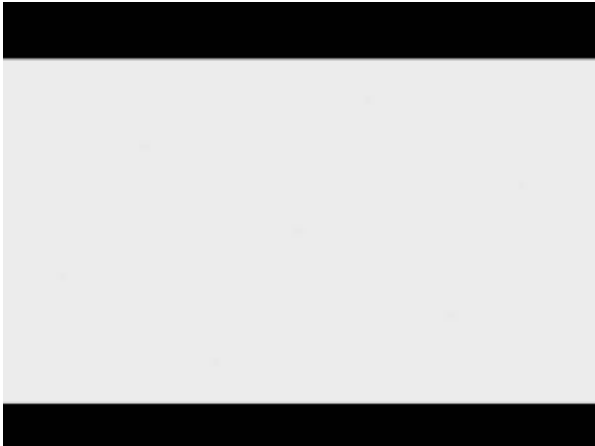
Let's hear from a 5th grader...



Roberlio

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Student Voices : Roberlio

What is growth-minded about his response? Fixed minded?

Do you know a student like this?



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This is also important for adults because...



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How do I know whether I am cultivating a growth mindset in others?



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A Study about Messages

Group 1:

"Some of these problems are hard. Do your best."

"If at first you don't succeed, try again."

"Set your goals high, and don't stop until you get there!"

$$\frac{1}{2} + \frac{5}{2} = ?$$

Encouraging!

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A Study about Messages

Group 2:

"Remember, the more you practice the smarter you become!"

"When you learn a new kind of math problem, you grow your math brain!"

"The harder you try the better you get!"

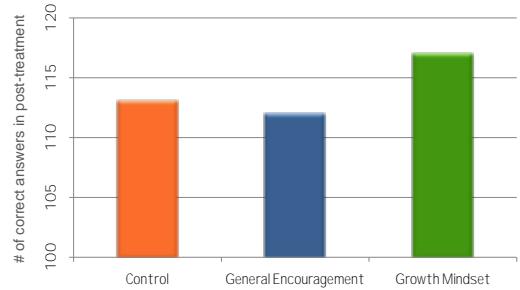
$$\frac{1}{3} + \frac{3}{2} = ?$$

Growth Mindset

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Correct Answers Post-Treatment



n = 250,000

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Encouraging statements don't help much.



Growth opportunities do.

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What is the difference?

Encouraging:

"Some of these problems are hard. **Do your best.**"

"If at first you don't succeed, **try again.**"

"Set your goals high, and **don't stop** until you get there!"

Growth Mindset:

"Remember, the more you **practice** the **smarter** you become!"

"When you learn a **new** kind of math problem, you **grow your math brain!**"

"The **harder you try** the **better** you get!"

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If you want self-motivated professionals, praise people for...

Taking on a challenge

Asking for help

Strategies

Effort

Resilience

Grit

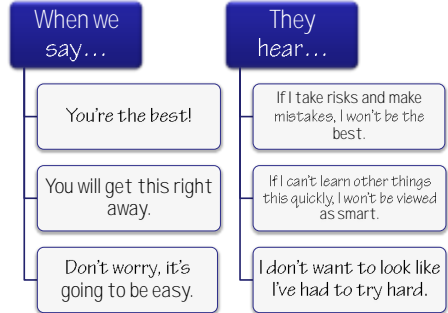
Handling a mistake well

Process

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The Impact of Intelligence Feedback/Praise



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When teachers fail despite effort

Fixed Mindset

Don't worry! This is easy, you can get this.
It's not as hard as you're making it out to be.

It's ok, everybody doesn't have to be good at everything. Maybe you have other strengths.

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When teachers fail despite effort

Growth Mindset

Yes, it is tough. Sometimes things are going to be hard, and that's ok. That's how we learn!

Maybe this approach isn't working. How else can we think about this?

What have you learned so far?

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When teachers appear to succeed easily

Fixed Mindset

You have picked this up so quickly!

I'm so lucky that I have the best teachers.

Awesome. You're a natural!

Everything you do is so perfect!

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When teachers appear to succeed easily

Growth Mindset

Wow – you have that down! What's our next challenge so our school can grow?

You have clearly put in the practice it takes to become skilled at this.

It would be great to share your strategies/knowledge with others who don't know those yet.

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When teachers succeed with strong effort

Fixed Mindset

See, I knew you had it in you. It wasn't as hard as you thought, was it?

Brilliant! You are a rock star! You have a real talent for teaching.

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When teachers succeed with strong effort

Growth Mindset

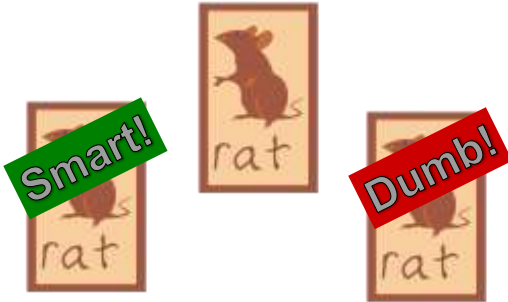
Do you remember how hard this was when you first started? Look at how far you have come!

What strategies did you use? They worked well for you. Remember this process well.

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How do expectations affect performance?

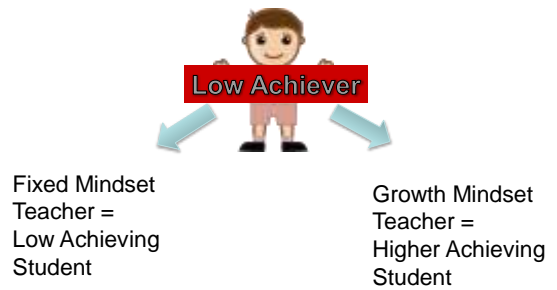


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How does a teacher's mindset affect student performance?



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(Rheinberg, Vollmeyer, & Rollett, 2000)



Reflection

When has a fixed mindset about a teacher or a student affected your behavior toward that teacher or student?



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LeaderKit Tools

To take back to your schools:

Media for Leaders

- Videos
- Articles
- Research
- Tools and Resources

To do now:

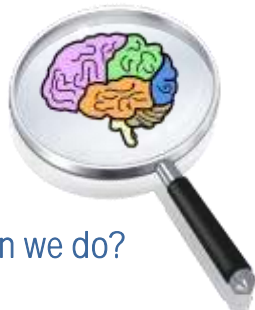
The Right Mindset For Success



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What can we do?



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Examining Ourselves



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We hold both mindsets



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Questions to ask ourselves

- About what abilities do I have a growth and fixed mindset?
- How has my mindset affect my behavior?
- What may people around me infer from observing my fixed mindset behaviors?

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Finding Solutions

Moves for Leaders

- Begin with Adults
- Choose a group of kids
- Include Parents



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Want more?

- Student Intervention
- EducatorKit: School-wide resources and tools
- Growth Mindset Community
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Questions?



What will you take away?

THANK YOU!

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