

FIXED

V E R S U S

GROWTH

COMPARING THE 2 TYPES OF MINDSETS



Fixed



Growth



Desires to look or appear smarter than everyone else
I want to be seen as perfect because I am concerned with how I'm judged

I believe effort is for students with little to no skills and low capabilities

Feel incapable

Ignores feedback

Does not view effort as beneficial

Compares their success to the success of others and

Reach a plateau in learning before full potential has been achieved



Desires to learn and confront obstacles to stretch oneself

Embraces challenges

Foster development.

Intelligence is something you have to work for, it's not just given to you.

Never stop trying to learn

How can this be solved?

Understands effort is the path to achievement

How would this be solved?

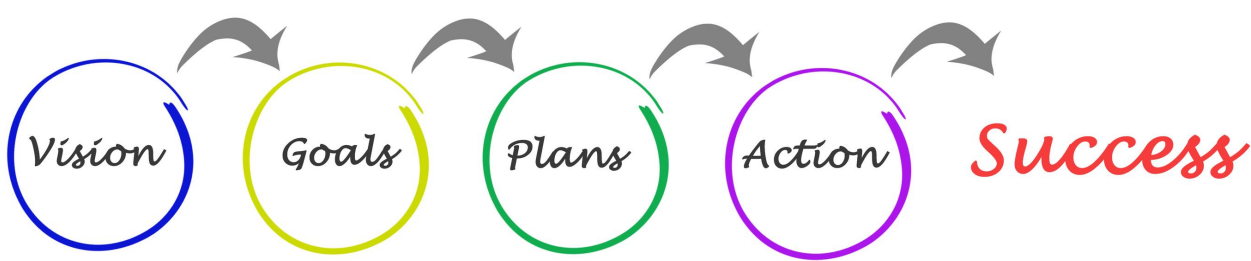
learns from feedback and values it.

Motivation and Achievement = I Can + I Know How

Reach high levels of achievement

ACTIVATING A GROWTH MINDSET

ITS A CHOICE!



Take Action

Step 4

Step 3



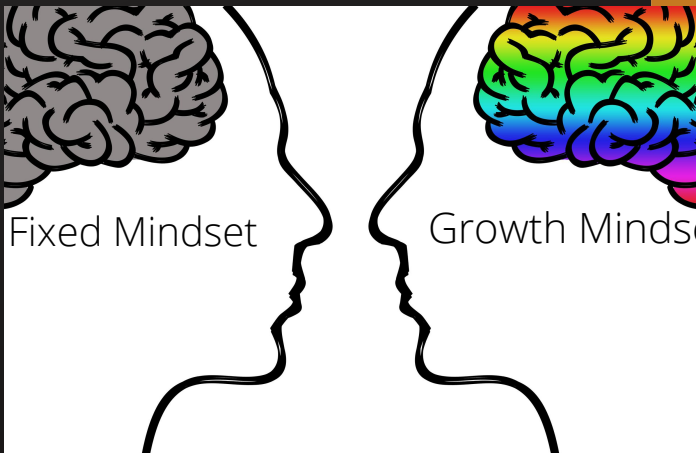
Name the fixed mindset personality. Talk back to it with a growth mindset voice

Step 2

Acknowledge your fixed mindset triggers and make a choice to embrace the growth mindset thinking.



Step 1



Become aware of your fixed mindset voice and actions

Ways to Promote a Growth Mindset

Encourage the statement "I can learn when I put sufficient effort and work into adequate strategies"

Help students understand time and practice with adequate strategies improves skill capacity

Help students view their challenges and short coming skills as muscle.

Reinforce practice that aligns with interest.

Encourage focusing on the process that leads to learning.

5 WAYS TO TRANSFORM YOUR THINKING TO A GROWTH MINDSET

1
When you learn how to do a new kind of problem, it grows your brain.

2
If you catch yourself saying, I cant do this, just add the word "YET" to the end of the sentence.

3
The goal is to grow your understanding step by step. What can you try to improve next?

4
That feeling of Science being hard is the feeling of your brain growing

