

ADOPTING A GROWTH MINDSET

What is a growth mindset?

Carol Dweck wrote in her book, *Mindset: the New Psychology of Success*: “**In a growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.”

“**In a fixed mindset**, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort.”

Fixed Mindset

Growth Mindset

I'm not that good at this	What am I missing?
I'm awesome at this	I'm on the right track
I give up	I'll use some of the strategies we've learned.
It's good enough	Is this really my best work?
I just don't have a math brain and I never will	I'm going to train my brain in math.
Plan A didn't work	Good thing the alphabet has 25 more letters.

How to Adopt a Growth Mindset

***Take one step at a time.**

- Progress, no matter how small, will lead to success.

***Fall down seven times, get up eight times.**

- Obstacles will occur; you can overcome them.

***Make use of experience.**

- Every experience, positive or negative, helps us learn. Keep an open mind on how to apply experiences to each new circumstance.

***Let go of being an expert.**

- When you think you know the answers, or you know the “best” way of doing something, you lose the ability to learn and think creatively.

***Replace the word “failing” with the word “learning.”**

- Don’t give yourself a defeating label. If you’re trying, then you’re moving in a positive direction.

***Value the process even more than the result.**

- We learn the most from challenging situations, regardless of how they end.

***Remember that intelligence can be developed.**

- The brain grows and changes throughout life. With hard work, and by using resources, your intelligence can get stronger.

***Doing challenging work is the best way to make the brain stronger and smarter.**

- View challenges as opportunities to improve.

***Focus on the power of “yet.”**

- Instead of getting discouraged when things are hard and thinking, “I can’t do this,” reframe that by thinking “I can’t do this yet.”