

Welcome!
**Hodgson Vocational
Technical High School**



FIXED OR GROWTH MINDSET?

Essential Question:

How can understanding your mindset increase your level of academic and personal success?



Growth Mindset Survey Directions

Survey: "Implicit Theories of Intelligence Scale of Adolescents"



"Implicit Theories of Intelligence Scale for Adolescents"

*Directions: Read the sentences below, and then circle the one number that shows how much you agree with it.
There are NO right or wrong answers.*

1. You have a certain amount of intelligence and you really cannot do much to change it.

1	2	3	4	5	6
<i>Strongly Agree</i>	<i>Agree</i>	<i>Mostly Agree</i>	<i>Mostly Disagree</i>	<i>Disagree</i>	<i>Strongly Disagree</i>

2. Your intelligence is something about you and you cannot change very much.

1	2	3	4	5	6
<i>Strongly Agree</i>	<i>Agree</i>	<i>Mostly Agree</i>	<i>Mostly Disagree</i>	<i>Disagree</i>	<i>Strongly Disagree</i>

3. You can learn new things, but you cannot really change your basic intelligence.

1	2	3	4	5	6
<i>Strongly Agree</i>	<i>Agree</i>	<i>Mostly Agree</i>	<i>Mostly Disagree</i>	<i>Disagree</i>	<i>Strongly Disagree</i>

The Survey Results



ADD YOUR SCORE and DIVIDE BY 3

YOUR SCORE: _____

YOUR MINDSET: _____

What does my score mean?

3 or less = Fixed Mindset

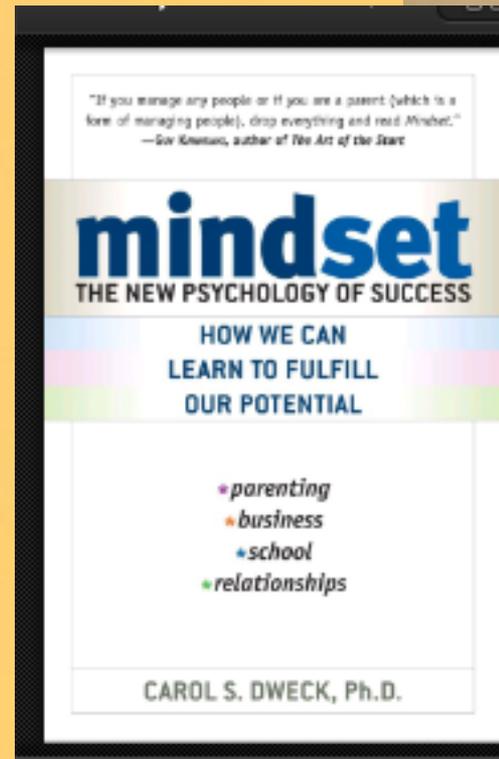
4 or more = Growth Mindset

3.3 or 3.7 = Borderline Both

Mindset: The new psychology of success

Carol S. Dweck, Ph.D.

- Psychologist from Stanford University
- Examples based on
 - University research (20 yrs)
 - Personal experience
 - Celebrities



What is a Mindset?

"mindset" {*noun*}

a set of beliefs or a way of thinking that determines one's behavior, outlook and mental attitude.



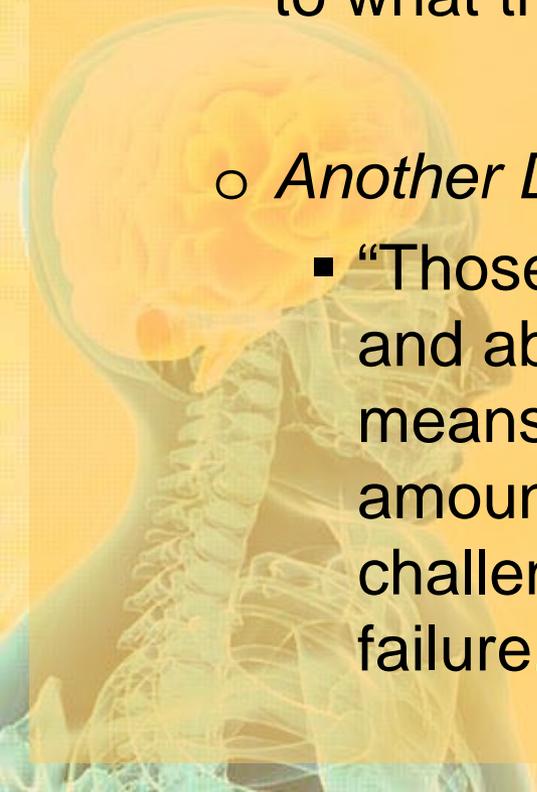
Key Vocabulary

➤ Fixed Mindset:

- “A challenge is hard and success is not assured, so rather than risk failing and negatively impacting their self image, they will often avoid challenges and stick to what they know.”

- *Another Definition:*

- “Those with a fixed mindset believe their talents and abilities cannot be improved through any means. They feel that they are born with a certain amount of talent and typically do not wish to challenge their abilities due to the possibility of failure.”



Key Vocabulary

➤ Growth Mindset:

- "...believe that intelligence can be developed, that the brain is like a muscle that can be trained. This leads to the desire to improve."
- *Another Definition:*
 - "People that practice a growth mindset believe intelligence, talents, and abilities can be developed over time. They believe abilities, such as athleticism and mathematical capacity, can be improved through hard work and persistence. When presented with an obstacle, those practicing a growth mindset tend to rise to the challenge. Often, people of the growth mindset do not fear failure; instead, they view it as a chance to improve themselves."

Two mindsets

FIXED MINDSET

- Intelligence & ability are fixed at birth
- A “natural” doesn’t have to work hard
- Mistakes are failure

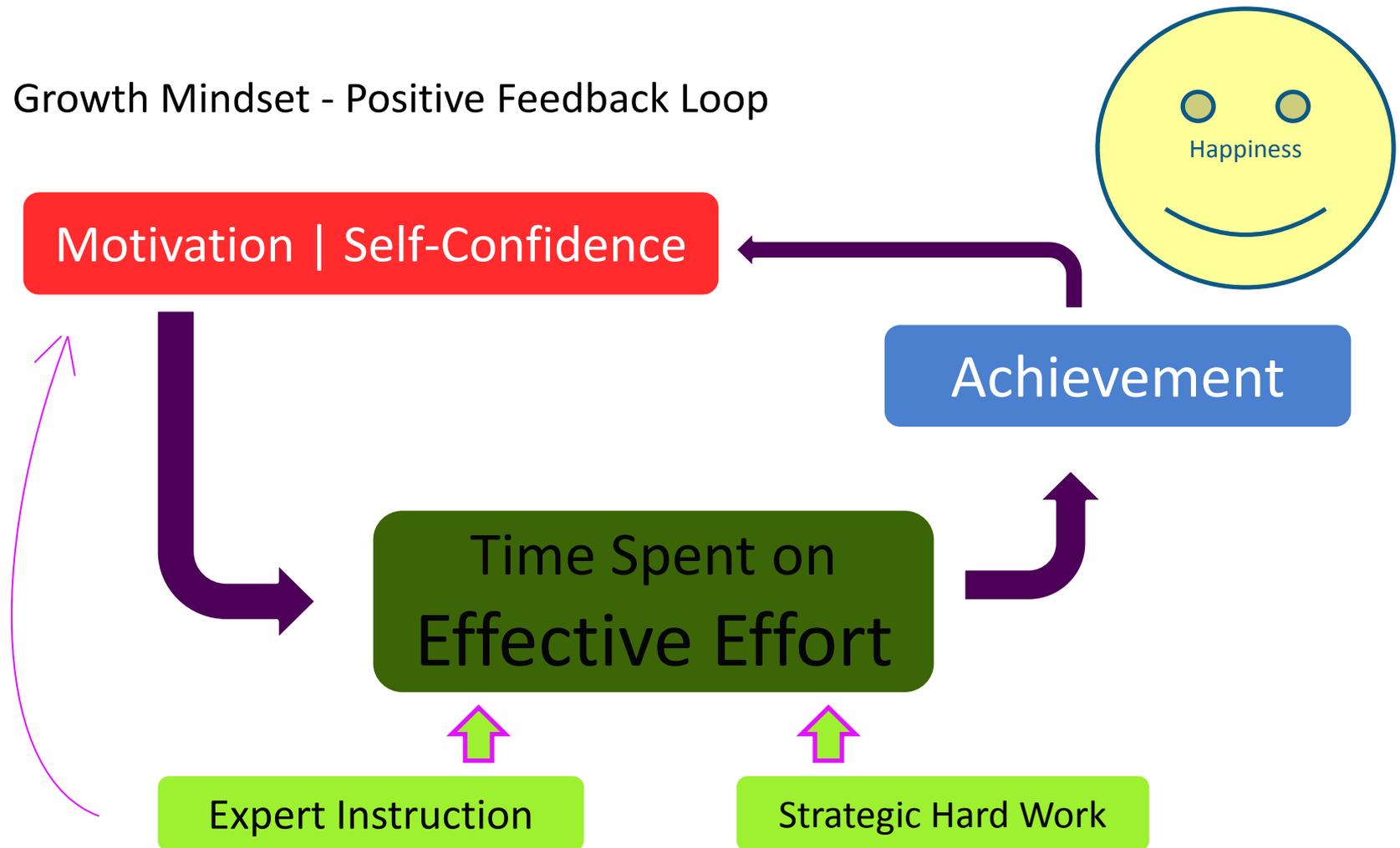
GROWTH MINDSET

- Intelligence & ability can improve
- Effort is satisfying/ fun
- Mistakes are an opportunity to learn

Note: you may have different mindsets in different domains of your life.

Once you have a **Growth Mindset** how do you use it to get **smarter**?

Growth Mindset - Positive Feedback Loop



Fixed Mind-set

Intelligence is static

Leads to a desire to look smart and therefore a tendency to...

CHALLENGES

...avoid challenges

OBSTACLES

...give up easily

EFFORT

...see effort as fruitless or worse

CRITICISM

...ignore useful negative feedback

SUCCESS OF OTHERS

...feel threatened by the success of others

As a result, they may plateau early and achieve less than their full potential.

All this confirms a **deterministic view of the world.**

Growth Mind-set

Intelligence can be developed

Leads to a desire to learn and therefore a tendency to...

...embrace challenges

...persist in the face of setbacks

...see effort as the path to mastery

...learn from criticism

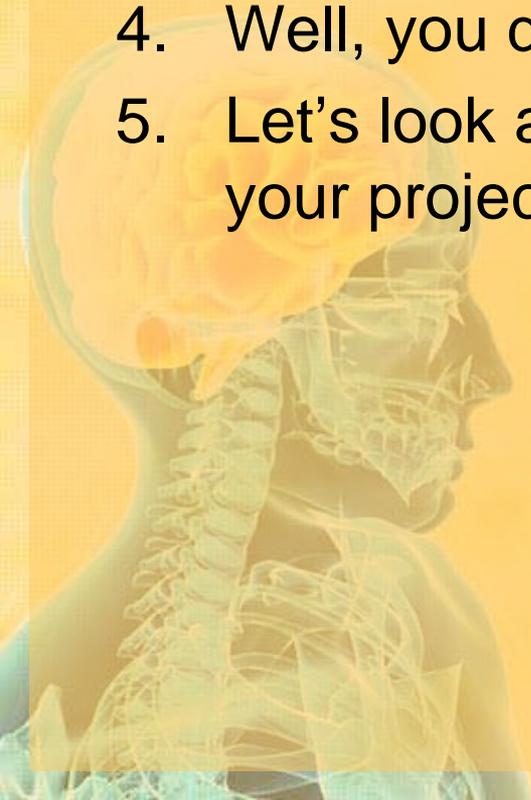
...find lessons and inspiration in the success of others

As a result, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will.**

Which praise would promote GROWTH mindset?

1. Good job! I can tell that you put a lot of effort into this!
2. You're a natural at this, aren't you?
3. Here's a challenge that will make you smarter!
4. Well, you did the best you could; I'll accept it.
5. Let's look at where you lost points so you can revise your project/paper and resubmit.



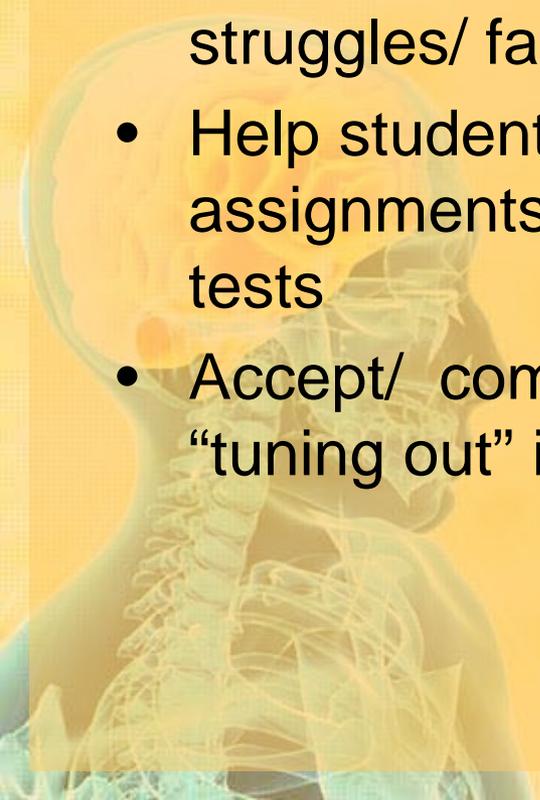
Enabling vs Empowering

Enabling behaviors

- Keep students “happy”
- Protect students from struggles/ failures
- Help students finish assignments/cram for tests
- Accept/ compensate for “tuning out” in class

Empowering behaviors

- Encourage persistence
- Help students learn from struggles/failures
- Teach students strategies to be independent
- Hold students accountable for work & behavior





Partner Talk

- Now that you have a deeper understanding of Fixed and Growth Mindsets, do you agree with your survey results?
- Explain why or why not?
- Provide an example of a time you exhibited this mindset.





Think About It

***Can you have both a
fixed and growth
mindset?
Why or Why Not?***



Effects of the Mindsets on Achievement

Growth Mindset

Desire to LEARN

Fixed Mindset

Desire to LOOK SMART

Challenges

Embrace Challenges

Avoid Challenges

Obstacles

Persist in the
face of setbacks

Get Defensive or
Give up Easily

Effort

Effort =
Path to mastery

Effort =
Only for 'ungifted'

Criticism

Learn
from Criticism

Ignore Negative
Feedback

Success of
Others

Find lessons and
Inspiration

Feel Threatened

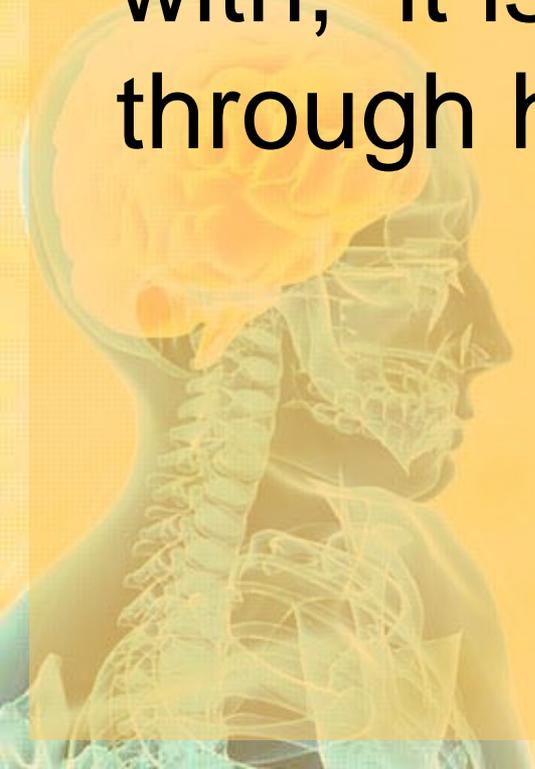
Summarizing Strategy:

- Answer the following EQ by discussing with your partner
 - How can understanding your mindset increase your level of academic and personal success?

\$2.00 Summary: Summaries capture the most important parts of a reading. For this summary, you have two dollars to write a summary, each word is 10 cents (*The words A, AN, and THE are free words*). **Explain how can understanding your mindset increase your level of academic and personal success?**



At Hodgson we believe:
Smart is not something we are born
with, it is something we achieve
through hard work.



Question and Answer Session

- Thank you for coming and for your attention

