



GROWTHMINDS

GROWTH MINDSET

WEBINAR FOR STUDENTS



With the support of the
Erasmus+ Programme
of the European Union

Contents

-
- What is a growth mindset (GM)?
 - Growth mindset VS fixed mindset.
 - Neuroplasticity
 - Benefits of a GM
 - How to develop a GM

MINDSET QUIZ

1. Circle the number for each question which best describes you
2. Total and record your score when you have completed each of the 10 questions
3. Using the SCORE chart, record your mindset

	Strongly Agree	Agree	Disagree	Strongly Disagree
Your intelligence is something very basic about you that you can't change very much	0	1	2	3
No matter how much intelligence you have, you can always change it quite a bit	3	2	1	0
Only a few people will be truly good at sports, you have to be born with the ability	0	1	2	3
The harder you work at something, the better you will be	3	2	1	0
I often get angry when I get feedback about my performance	0	1	2	3
I appreciate when people, parents, coaches or teachers give me feedback about my performance	3	2	1	0
Truly smart people do not need to try hard	0	1	2	3
You can always change how intelligent you are	3	2	1	0
You are a certain kind of person and there is not much that can be done to really change that	0	1	2	3
An important reason why I do my school work is that I enjoy learning new things	3	2	1	0

SCORE CHART

22-30 = Strong Growth Mindset

17-21 = Growth with some Fixed ideas

11-16 = Fixed with some growth ideas

0-10 = Strong fixed mindset

MY SCORE:

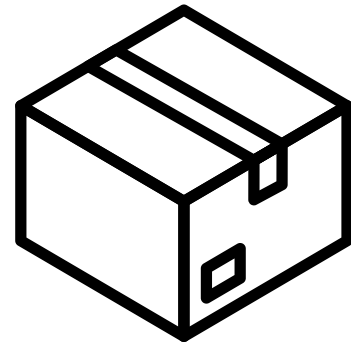
MY MINDSET:

Adapted from:

Dweck, C. S. (2006). *Mindset: The new psychology of success*. New York: Random House Inc.

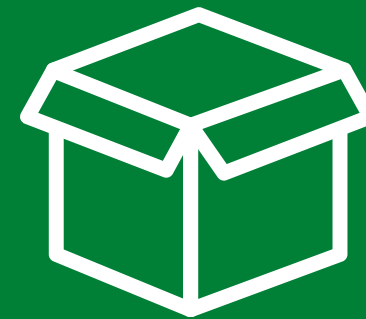
Growth mindset

WHAT IS A GROWTH MINDSET?



FIXED MINDSET

People with a fixed mindset believe their skills, talents, intelligence, abilities etc. cannot be changed, they are limited with a specific capacity.



GROWTH MINDSET

People with a growth mindset believe that skills, talents, intelligence, abilities etc. can be developed with learning and through experiences.

Fixed Mindset

Believes talent is inborn

Desires to be seen as perfect and talented, so...



She avoids challenge

Gives up easily

Sees effort as temporary

Gets frustrated or ignores feedback or criticism

Feels threatened by others' success

Leads to a very emotional cheerleader that is constantly trying to regulate herself and the way others view her. This creates a rigid and difficult athlete that is limiting her potential.

Growth Mindset

Believes ability can be developed

Ultimate desire is to learn and improve, so...



She embraces challenge

Pushes through setbacks

Believe her effort is most important

Uses feedback and criticism as a way to improve

Is inspired by and learns from others' success

Leads to a hard working cheerleader that is constantly looking to better herself. This creates a calmer, more open-minded athlete that is coachable and can reach her fullest potential.

Fixed Mindset



Embrace challenges
Persevere in the face of failures
Talents and abilities can be developed
Focus on the process not the outcome

Find inspiration in others success
Engage deeply and process the error with a desire to correct it
Accept criticism as a way to learn
Embrace novelty with a desire to master new skills

Look for people who challenge them to grow
Leads to collaboration and innovation



Growth Mindset

Avoid challenges
Give up easily
Talents and abilities are fixed
Focus on the outcome

Feel threatened by the success of others
Run from error, do not engage with it with a desire to look smart
Ignore negative feedback even though it may be useful
Avoid new experiences with fear of failure

Look for people who can reinforce their self esteem
Can lead to cheating and deception

Growth mindset

NEUROPLASTICITY

DID YOU KNOW?

Our brain never stop changing. With learning and experiences new connections are build to provide new insights. Brain works like a muscle - we can develop them with training. When treated correctly, they can "grow".



1. Effort

I can become better and improve my knowledge or skills if I try hard. I see effort as a way to success and mastery. I measure my success based on how much effort I put in and on my attitude towards the problem, issue, challenge.

2. Mistakes

Mistakes are an opportunity, not a threat. I can accept them, I am not afraid of them. I can learn from my mistakes and proceed with the task, I have persistence.

3. Challenges

Challenges help me become better. Through challenges I can learn, "train" my brain and improve my knowledge and skills. I am not afraid of challenges, I embrace them.

Growth
mindset
language

4. Feedback and criticism

I can learn from feedback and constructive criticism.
I am not afraid of it and I ask others to give me feedback.

5. Success of others

I don't feel threatened if others are successful, I can celebrate their success. I can learn from others and find inspiration, motivation in their success.

6. The power of "YET"

Instead of saying: "That I don't know.", we can say "That I don't know yet.". This short word has a lot of power and can help us change our view of the situation.

Growth
mindset
language

Benefits of having a growth mindset

-
- Being more focused on doing the hard work, not giving up so soon, being willing to take risks and setting bigger goals.
 - Being more realistic, flexible and able to handle changes better.
 - Being more aware of opportunities & possibilities and more optimistic.
 - Being more creative in solving problems.
 - Being more open + admitting failures + celebrating success = learning faster = being more successful

Benefits of having a growth mindset

- Better study habits & higher intrinsic motivation.
- Growth mindset reduces stress and anxiety (+ connection to resilience).
- Improves self-regulation (ability to monitor and manage emotions, thoughts and behaviours).
- Students with GM have higher self-esteem.
- Better relationships with others.
- Taking responsibility for our own life.

How to develop a growth mindset?

-
- Learn to hear your inner “voice”
 - is it fixed or growth mindset?

Imagine
that you
are having
a really
bad day ...

You get back the results of a Math exam – you got a grade you don't like because you mixed up some math formulas. Other classmates did very well and got good grades.

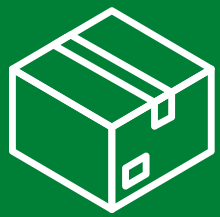
Your favourite lesson is cancelled because the teacher is sick. It is replaced by a lesson you find boring and not interesting at all.

On your way home the tyre on your bike gets empty and you have to walk and push the bike all the way.

At home the lunch is not ready (parents didn't have time to cook). You prepare yourself a meal, but it is not tasty at all.

Being really frustrated and angry you call your best friend to share your experience but the friend is not understanding and supportive, he/she doesn't really listen to you.

What would you think, feel and do?



How could I mixed up those formulas?
I'm so stupid.
Even Pam is smarter than me.

I don't know how
to fix a tyre.
I'm not a
technical person.

This ALWAYS
happens to me.

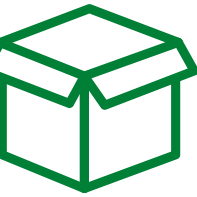
I am not good
at cooking.
I will never
learn.

Everyone is
trying to mess
with me today.



Even my best
friend doesn't
understand me.

I give up.
This day is just horrible.



How to develop a growth mindset?

-
- Learn to hear your inner “voice” – is it fixed or growth mindset?
 - You have the power to choose & focus on things you can influence.

How to develop a growth mindset?

-
- Learn to hear your inner “voice” – is it fixed or growth mindset?
 - You have the power to choose & focus on things you can influence.
 - Use the growth mindset language when thinking and communicating.



How could I mixed up those formulas?
I'm so stupid.

I don't know how
to fix a tyre.
I'm not a
technical person.

I will never
learn how to
make a good
meal.

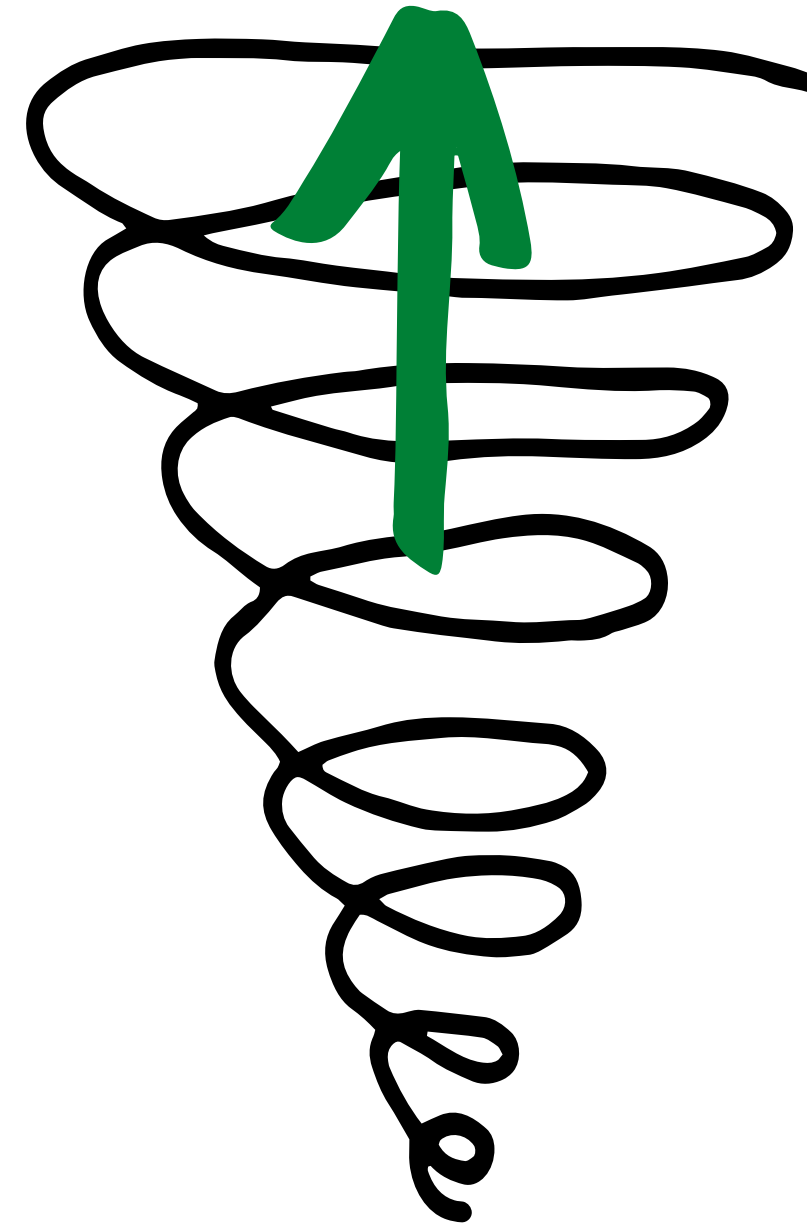
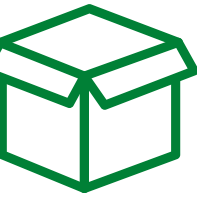


This ALWAYS
happens to me.

Everyone is
trying to mess
with me today.


Even my best
friend doesn't
understand me.

I give up.
This day is just horrible.



How to develop a growth mindset?

-
- Learn to hear your inner “voice” – is it fixed or growth mindset?
 - You have the power to choose & focus on things you can influence.
 - Use the growth mindset language when thinking and communicating.
 - Hang out with people with a growth mindset and encourage others to develop it.



WRITE, DRAW, DESIGN
SOMETHING THAT REMINDS YOU
OF A GROWTH MINDSET AND
PUT IT SOMEWHERE YOU
CAN SEE IT EVERY DAY.

“Becoming is better than being.”

Carol Dweck