Linking Mindset to Daily Practice

Extending Mindset Works in the classroom
Purpose

- Extending Growth Mindset beyond the Welcome Back Keynote
- Providing rationale for utilizing Growth Mindset within instruction
- Providing Teachers with practical strategies for implementing Growth Mindset into daily practice
- Building Better Brains
Review of Growth vs Fixed Mindset

**Fixed Mindset**
- Intelligence (or an ability) is a fixed trait

**Growth Mindset**
- Intelligence (or an ability) can be developed
## Elements of a Growth Mindset

<table>
<thead>
<tr>
<th>Elements</th>
<th>FIXED</th>
<th>GROWTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Challenges</td>
<td>Avoid</td>
<td>Embrace</td>
</tr>
<tr>
<td>Obstacles</td>
<td>Give up</td>
<td>Persist</td>
</tr>
<tr>
<td>Effort</td>
<td>Fruitless</td>
<td>Valued</td>
</tr>
<tr>
<td>Criticism</td>
<td>Dismiss</td>
<td>Utilize</td>
</tr>
<tr>
<td>Success of Others</td>
<td>Threatened</td>
<td>Inspired</td>
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How does this apply to you and your Teaching Impact on Achievement

Blackwell, Dweck, & Trzesniewski (2007)

Growth

Fixed
How to Grow a Mindset in Students

Research shows...

- Teaching students about the concept of Growth Mindset is critical but to maximize the impact of Growth Mindset on achievement:
  - Growth Minded behaviors MUST be **Modeled** by all staff
  - Students MUST be provided with **Strategies** for ‘growing their brains’
  - Teachers MUST provide a **Risk free environment** for students to “grow”

  - Feedback
  - Opportunities
  - Equity/Access
Modeling Growth Minded Behaviors

What do students/parents see in our school?

- Open and transparent communication
- Collaboration and support
- High expectations and common goals
- Focus on growth for everyone
- Motivation to learn, improve and overcome challenges
Strategies to Develop the Brain

- 9–10 hours of sleep
- Exercise
- Calming Strategies
- Eat Right
Feedback – the key to a RISK Free Environment

“Feedback is not about praise or blame, approval or disapproval. That’s what evaluation is – placing value.

Feedback is value-neutral. It describes what you did and did not do.”

~ Grant Wiggins

**PROVIDES…**

*the process of helping our students assess their performance, identify areas where they are right on target and provide them tips on what they can do in the future to improve in areas that need correcting.*
Effective Feedback answers 3 questions

1) Where am I going?
   - a student has a clear understanding of the desired goal, a vision of the target

2) How am I going?
   - a student is given frequent and descriptive information about his present position in relation to that goal

3) How can I close the gap?
   - a student is given guidance on how to close the gap between where he is going and how he is going to get there
So How Can You Help Your Students Grow their Mindset?

Building a better brain!

- PRIMARY
- MIDDLE GRADES
- HIGH SCHOOL
Website contains. . .

- **Three Levels**—
  - Primary—Preschool –2/3 Grade
  - Middle Grades—3–8\textsuperscript{th} Grade
  - High School—9–12\textsuperscript{th} Grade

- Overview—General information and detailed lesson plans

- PowerPoints—ONE PPT and resources for each lesson

- Resources—Additional resources for extension activities

- **All Lessons are intended to be delivered in 5–10 minutes**
  (Of course if you include the extension they may last longer)
Did it work??

- YES!!!

- What did TIP teachers say...
  - Begin the year with Building Better Brains
  - Provide Multiple opportunities to connect the content to all aspects of your instruction
  - Remember that the more experiences students have (Growth or Fixed) the more challenging it will be for them to change ---

**BE PATIENT and PERSEVERE**