MINDSET
The work of Carol Dweck
"mindset" {noun}

a set of beliefs or a way of thinking that determines one's behavior, outlook and mental attitude.
MOST PEOPLE ARE HELD BACK NOT BY THEIR INNATE ABILITY, BUT BY THEIR MINDSET.
Fixed or Growth Mindset?
The Mindsets

Fixed Mindset
I am as smart as I am ever going to be

Growth Mindset
Intelligence is a changeable quality, a potential that can be developed

Carol Dweck
Fixed Mindset vs. Growth Mindset

Based on the work of Dr. Carol Dweck

I believe that my [Intelligence, Personality, Character] is inherent and static. Locked-down or fixed. My potential is determined at birth. It doesn’t change.

I believe that my [Intelligence, Personality, Character] can be continuously developed. My true potential is unknown and unknowable.

Fixed Mindset

- Avoid failure
- Desire to Look smart
- Avoids challenges
- Stick to what they know
- Feedback and criticism is personal
- They don’t change or improve

Growth Mindset

- Desire continuous learning
- Confront uncertainties.
- Embracing challenges
- Not afraid to fail
- Put lots of effort to learn
- Feedback is about current capabilities
NEURON DEVELOPMENT
Plasticity of the brain

- **Plasticity**: Refers to the brain's ability to reorganise neural pathways throughout the lifespan as a result of experience.
- Put simply: The brain's ability to change with learning.
- There is a change in the internal structure of neurons, notably the synapses &
- Increase in the number of synapses
The brain is like a muscle

It gets stronger with use, MY growth is in MY hands!

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Sometimes what we call “failure” is really just that necessary struggle called learning.
"I missed more than 9000 shots in my career. 26 times I was trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

-- Michael Jordan
Growth Mindset

- tries hard to learn ~ Liam
- doesn't give up on trying ~ Caroline
- believes in themselves ~ Rachel
- has a positive attitude ~ Samantha
- has an “I CAN” attitude ~ Rachel
- likes a challenge ~ Liam
- takes risks as a learner ~ Caroline
- uses the word **YET** ~ “I can’t do it YET” ~ Eva

Fixed Mindset

- doesn't try ~ Jake
- gives up ~ Amanda
- doesn't believe in themselves ~ Brynna
- says, “I can’t” ~ Rachel
- not confident ~ Eva
- avoids a challenge ~ Samantha

“Your mind is something you always **CAN** change!”
Think about the last time you had a major setback, failure or rejection in your life.

Did you hear the fixed mindset voice in your head?

What did it say?

Now, how would you answer it with a growth mindset voice?

What would that dialogue sound like?
## What Can I Say To Myself?

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Try thinking:</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m not that good at this.</td>
<td>What am I missing?</td>
</tr>
<tr>
<td>I’m awesome at this.</td>
<td>I’m on the right track.</td>
</tr>
<tr>
<td>I give up.</td>
<td>I’ll use some of the strategies we’ve learned.</td>
</tr>
<tr>
<td>This is too hard.</td>
<td>This may take some time and effort.</td>
</tr>
<tr>
<td>I can’t make this any better.</td>
<td>I can always improve, so I’ll keep on trying.</td>
</tr>
<tr>
<td>I just can’t do maths.</td>
<td>I’m going to train my brain in maths.</td>
</tr>
<tr>
<td>I made a mistake.</td>
<td>Mistakes help me learn better.</td>
</tr>
<tr>
<td>She’s so smart. I’ll never be</td>
<td>I’m going to figure out how she does it so I can</td>
</tr>
<tr>
<td>that smart.</td>
<td>try it.</td>
</tr>
<tr>
<td>Plan A didn’t work.</td>
<td>Good thing the alphabet has 25 more letters.</td>
</tr>
<tr>
<td>It’s good enough.</td>
<td>Is it really my best work?</td>
</tr>
</tbody>
</table>
Effort or Intelligence?

how you praise your child matters
### The Praise Makeover

<table>
<thead>
<tr>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Great job!”</td>
<td>“I like the way you kept trying even when the problems became harder.”</td>
</tr>
<tr>
<td>“I’m proud of you!”</td>
<td>“You went back to check your work-- that extra step was a great idea.”</td>
</tr>
<tr>
<td>“You got an A!”</td>
<td>“Those extra practice problems you did really made a difference!”</td>
</tr>
<tr>
<td>“You’re so smart!”</td>
<td>“The ideas you thought of are unique. Where did you learn about that?”</td>
</tr>
</tbody>
</table>