

GROWTH MINDSET

Empowering Students



Am I born with it?



Have you ever heard someone say, “I’m not the creative type” or “I’ve **never** been good at cooking, sports, science...”?

Maybe you have thought, “That person is so musical or organized.”



Did you ever hear your teacher tell you or a classmate that they were smart?





If so...

You've experienced the **Fixed Mindset**

“The belief that we're born with a fixed amount of intelligence and ability.”- Dweck

A Fixed Mindset

Steals us of experiences

Keeps us from working hard

Instills fear in our minds

Stops us from trying new things

Holds us back from learning new or hard things



Here is the good news!

We don't have to live with a Fixed Mindset and neither do our students!



Ask a professional gymnast if she was born with her gift. She might say,

“Are you kidding? I worked endless hours, challenged my mind, and pushed my body to the extreme to get to where I am today, but it was worth it!”



The gymnast has what is called a
Growth Mindset.



*You can empower your students to have
a Growth Mindset!*



“A Growth Mindset is the belief that with practice, perseverance, and effort, people have limitless potential to learn and grow!”-Dweck

A Growth Mindset

Encourages learning hard things

Expects challenges

Accepts mistakes

Focusses on the process

Creates good self esteem

Promotes trying new things



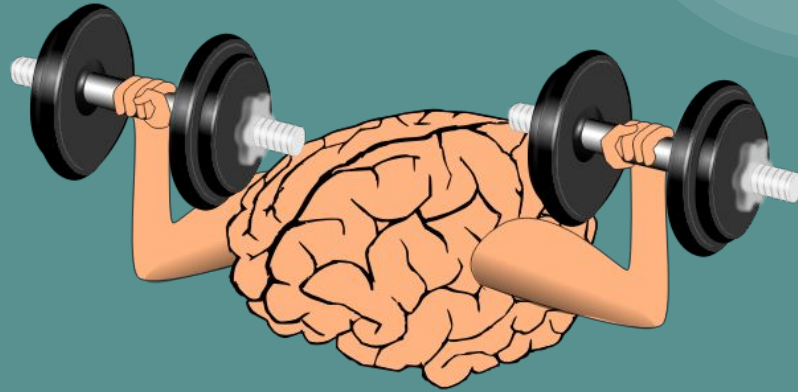
Let's dive into 3
Growth Mindset
strategies that
you can do with
your students
today!



1. Explain the Brain!



“The brain is like a muscle! The more you use it, the more it grows.” - Koyenikan



Discuss...

Will your muscles get bigger if you pick up something light or heavy? Heavy!

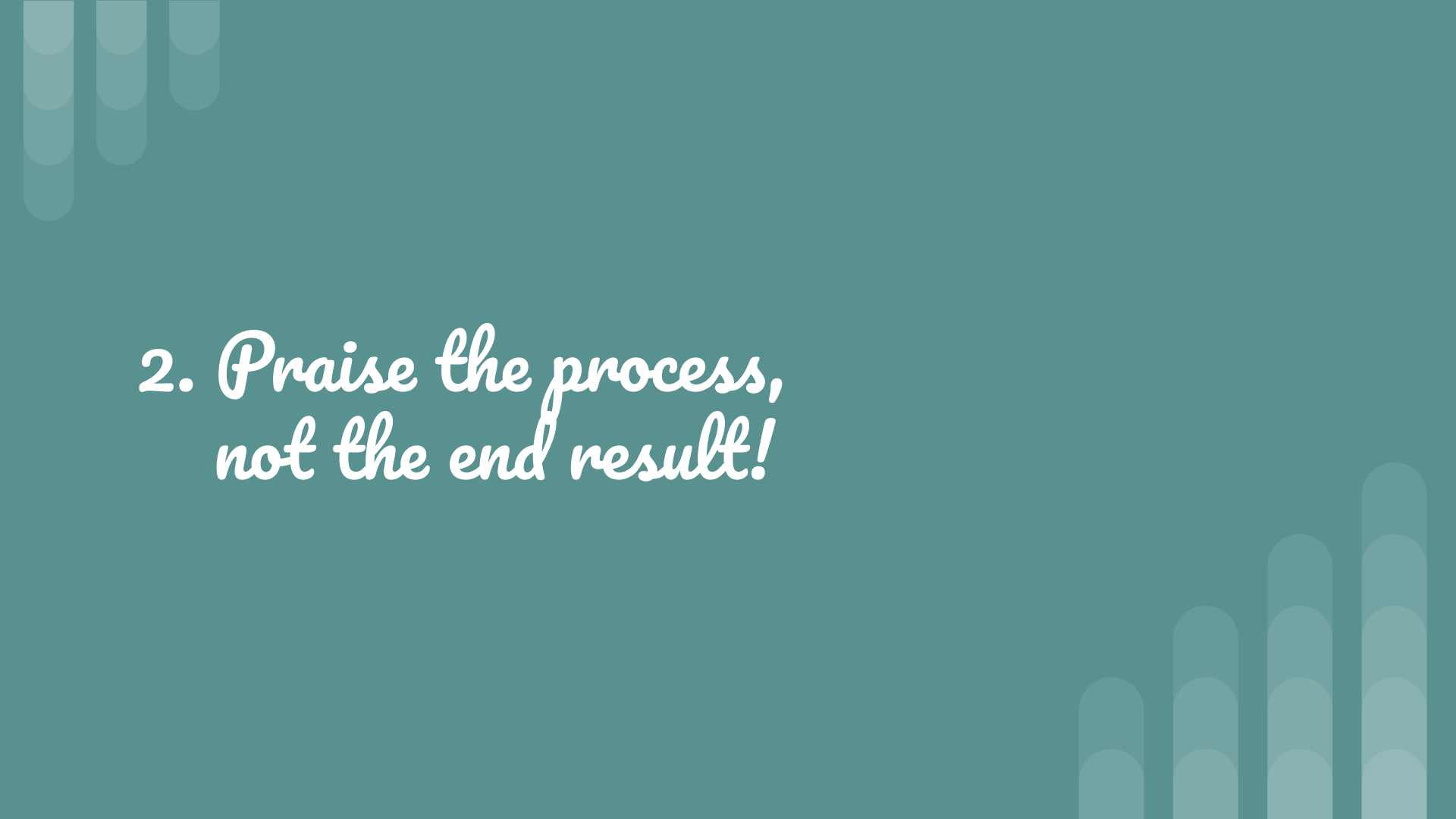
Will your brain grow if you learn hard things or easy things? Hard things!

You can do hard things, if you practice! I am here to help you!

Teach your students that everything was hard before it got easy.

Talk about things that used to be hard for them like taking their first step, tying shoes, cooking, basketball, playing an instrument, or reading.

Say, “Let’s challenge ourselves to do difficult things so our brains can grow!”



2. *Praise the process,
not the end result!*

Say...

- * I can see that you've been practicing.
- * I'm proud of your hard work!
- * I like your attitude!
- * Keep trying!



Repeat after Me...

- * I can do hard things!
- * Everyone can learn!
- * I am improving!
- * Learning hard things makes my brain grow!



3. *Use the Power of "Yet!"*



When a student shows a Fixed Mindset, add the word “YET” to the end of his sentence.

I can't sound that word out. . . YET!

I don't understand this. . . YET!

I didn't do it right. . . YET!

I can't read. . . YET!

Remember...

1. The brain is like a muscle.
2. Praise the process.
3. Use the power of YET!



You can do this!

Thank you for tutoring and empowering kids!

PowerPoint by Melissa Spangler
Acknowledgements: Some
information harvested from Carol
Dweck, Idowu Koyenikan, Annie
Brock, & Heather Hundley