

Supporting a Growth Mindset In Children

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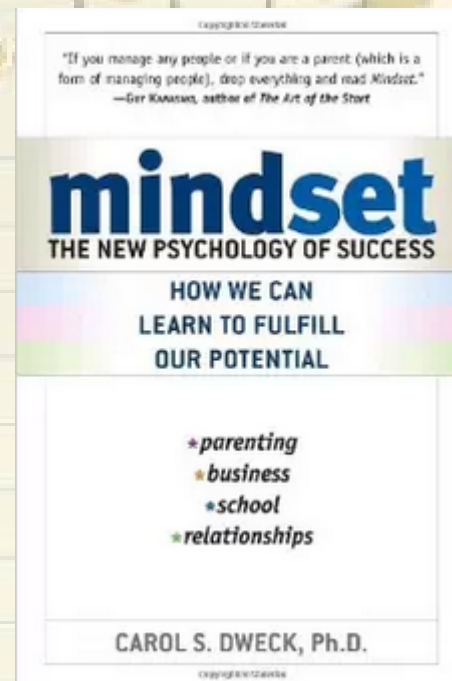


What is mindset?

"Mindsets are beliefs—beliefs about yourself and your most basic qualities.

Think about your intelligence, your talents, your personality.

Are these qualities simply fixed traits, carved in stone and that's that? Or are they things you can cultivate throughout your life?"



Why Mindset Matters

What people believe about their ability is much more important than their actual ability when considering long term success.

People with growth mindsets outperform those with fixed mindsets and learn more.

Growth Vs. Fixed Mindsets

People with a *growth mindset*

- ★ see that working hard and struggling pays off
- ★ believe that success is a result of hard work
- ★ understand that everyone can grow and learn something new
- ★ view struggle as an opportunity to learn

People with a *fixed mindset*

- believe that intelligence and ability are born, static traits
- believe that they can do very little to change their ability
- view struggle as negative
- avoid challenges

Benefits of a Growth Mindset

- ★ learn more than others
- ★ develop more confidence over time
- ★ know how to learn
- ★ take healthy risks
- ★ are successful over the long term
- ★ rise to challenges
- ★ are more motivated to work hard

Mindsets Are Malleable

"Mindset change is not about picking up a few pointers here and there. It's about seeing things in a new way. When people...change to a growth mindset, they change from a judge-and-be-judged framework to a learn-and-help-learn framework. Their commitment is to growth, and growth takes plenty of time, effort, and mutual support."

— Carol S. Dweck, *Mindset: The New Psychology of Success*

Class Chart of Examples

MINDSET

Our attitudes & beliefs about something ...

↑ GROWTH ↑

The belief that we are capable of working hard to ↑ our potential & intelligence

↓ FIXED ↓

The belief that we are born with a certain amount of potential, can't change it.

Knows it's okay to be "wrong."
Doesn't give up on trying.

Gives up without putting in 110% effort
Always compares self to others and then starts to "give up"

Believes in themselves

Doesn't believe in self

Likes a challenge!

Doesn't believe in self

Keeps trying even when hard

Limits learning because afraid to take risks

Uses the word YET ex: I am not there yet but I am working towards that

Doesn't give something a try

Takes risks as a learner

Doesn't try

Open To New Learning

GIVES UP EASILY

Has an "I can't" attitude

Doesn't try

perseveres

Learn from mistakes

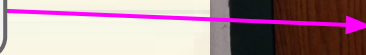
Comfortable sometimes making mistakes

Has a positive attitude

Says good things about self

Not negative things about self

Likes a challenge!



Limits learning because afraid to take risks



Praise and Mindset

"Praising children's intelligence harms their motivation and it harms their performance. How can that be? Don't children love to be praised? Yes, children love praise. And they especially love to be praised for their intelligence and talent. It really does give them a boost, a special glow—but only for the moment. The minute they hit a snag, their confidence goes out the window and their motivation hits rock bottom. If success means they're smart, then failure means they're dumb. That's the fixed mindset."

— Carol S. Dweck, *Mindset: The New Psychology of Success*

Fixed Mindset Feedback

→ focuses on ability as fixed and "end products" as most important

Examples:

- You are so smart.
- You are so good at dancing/ math/ science...
- You are a talented reader/ writer/ artist...

Growth Mindset Feedback

→ focuses on effort and the work required to learn and develop more skill

Examples:

- You kept trying a few different ways to figure that problem out. Your effort paid off.
- By slowing down and really paying attention to the author's evidence, you better understood the claim in the article and decided whether or not you agreed.

Try It: Sort these examples into growth or fixed mindset categories.

I am such a great writer.

I really struggled with that problem. I need to learn some other ways to figure it out.

By changing the order of the evidence in my essay it made it so much stronger. Now the piece is much more convincing.

I will never be a good tennis player. I am just not that athletic.

Some Tips for Parents

"If parents want to give their children a gift, the best thing they can do is to teach their children to *love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.* That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence."

-Carol Dweck

- ★ Pay attention to how your child handles struggle and identify their mindset in that area.
- ★ Model having a growth mindset yourself.
- ★ Praise the effort and work your child puts in and don't label them as "good" or "bad."
- ★ Don't hide setbacks and failures. Use them as opportunities to learn and grow.
- ★ Remember that mindsets can be changed. If you don't like a mindset, work to change it.

Live What You Teach

The best way to foster a growth mindset in your children is to have a growth mindset with yourself.

Practice: Think about one skill you are developing over time, where your hard work and effort pays off.

Questions?

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