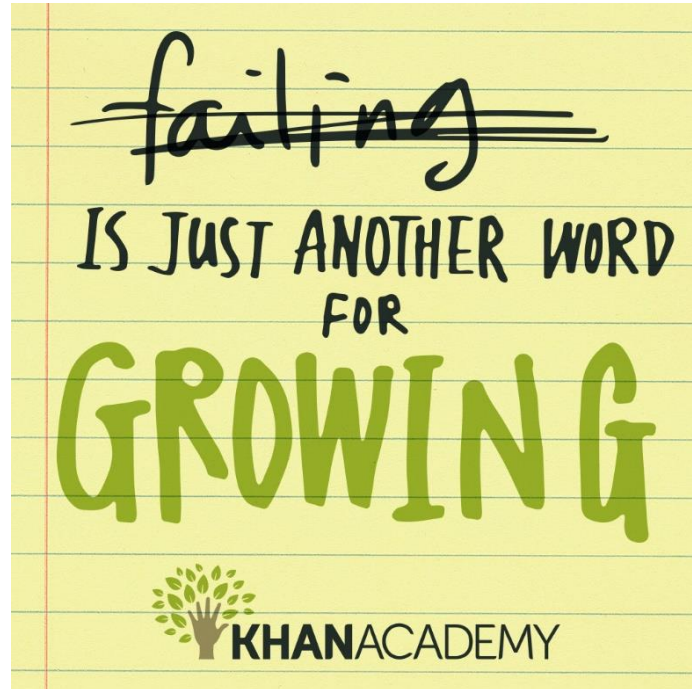


VOICE Mentor Presentation



No matter what
your ability is,
effort is what
ignites that ability
and turns it into
accomplishment.

Carol Dweck

Growth Mindset Presentation

Kirsten Homan

Objectives:

- What is growth mindset?
- Who coined it?
- How does this help kids, (and you!), learn and grow?
- Power of YET!
- How I use it in S.A.G.E.- celebrating F.A.I.L.ure
- Benefits I have observed from my kids
- How to refrain a fixed mindset- for yourself and your mentees!
- Practice

What is Growth Mindset?

- “A growth mindset is when students understand that their abilities can be developed,” (Dweck, 2014).

What I tell my students:
Celebrate failure! Babies are not born knowing calculus! Everything you know, you have learned through ***failure***.



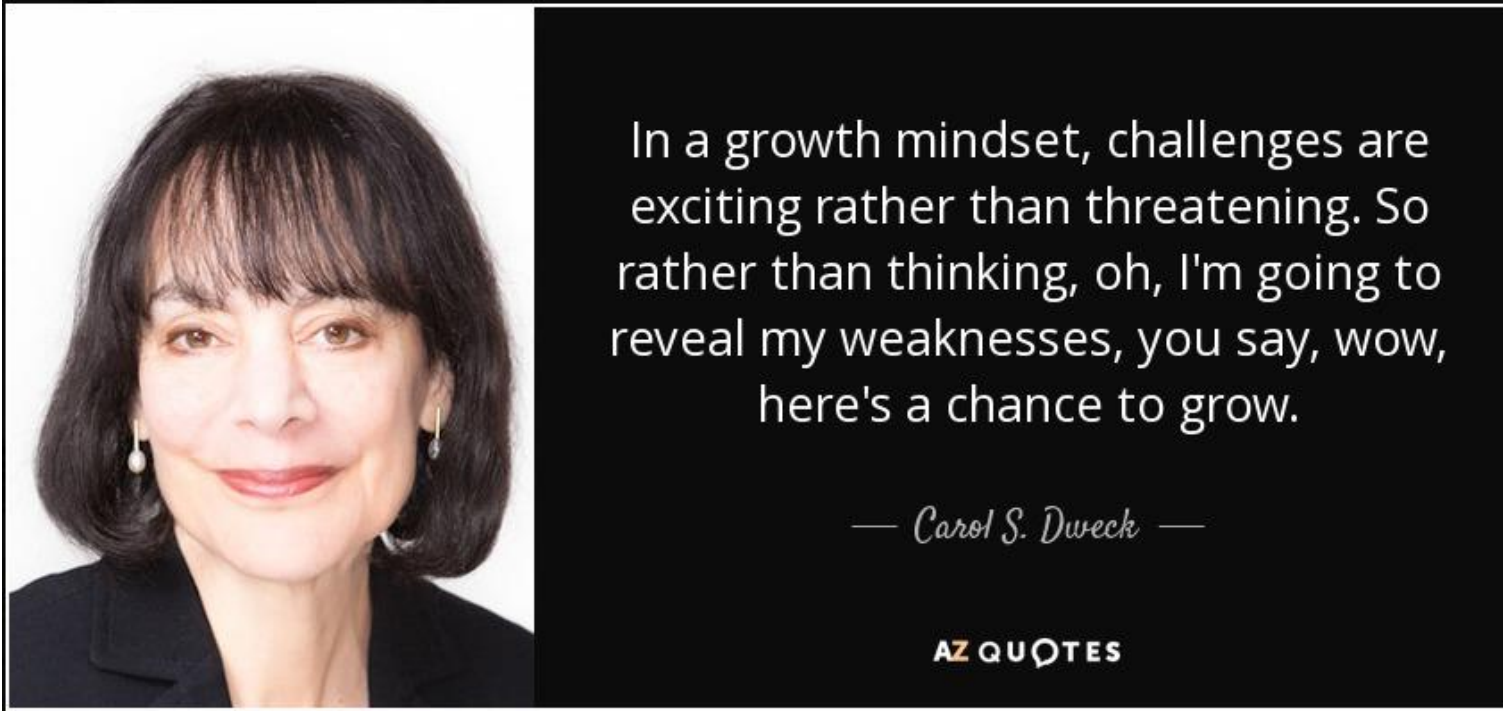
Growth vs. Fixed Mindset

“The growth mindset allows people to value what they’re doing *regardless of the outcome.*”



“In the fixed mindset, *everything is about the outcome.* If you fail—or if you’re not the best—it’s all been wasted.”

Carol Dweck- *What is Growth Mindset?*



“Praise wisely- praise the *process* kids engage in: efforts, engagement, process, focus, perseverance, and improvement”

- [The power of believing that you can improve](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve)

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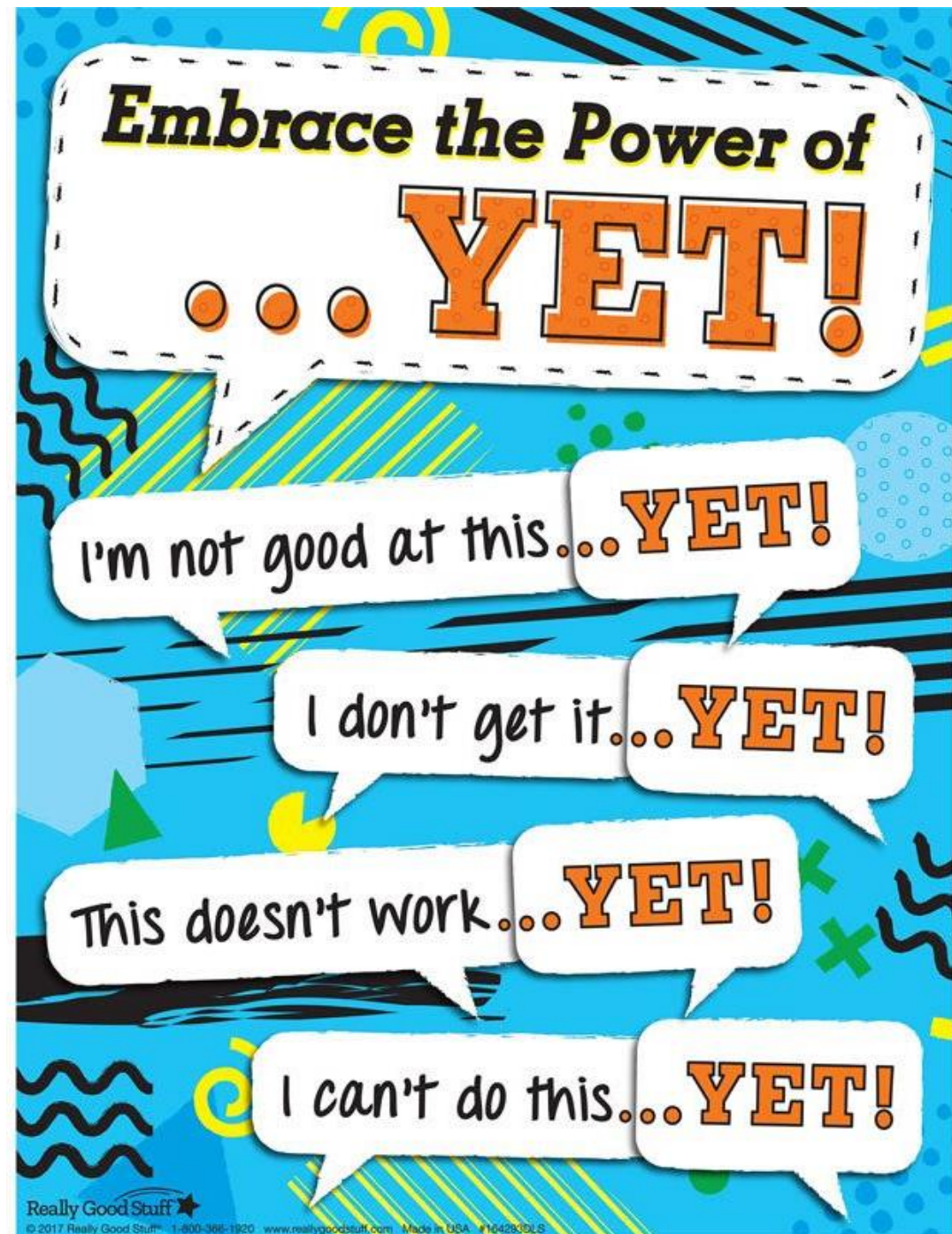
Praising *process* instead of outcome....

be more
specific
please

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

The POWER of YET!

“Yet” gives kids a path into the future.



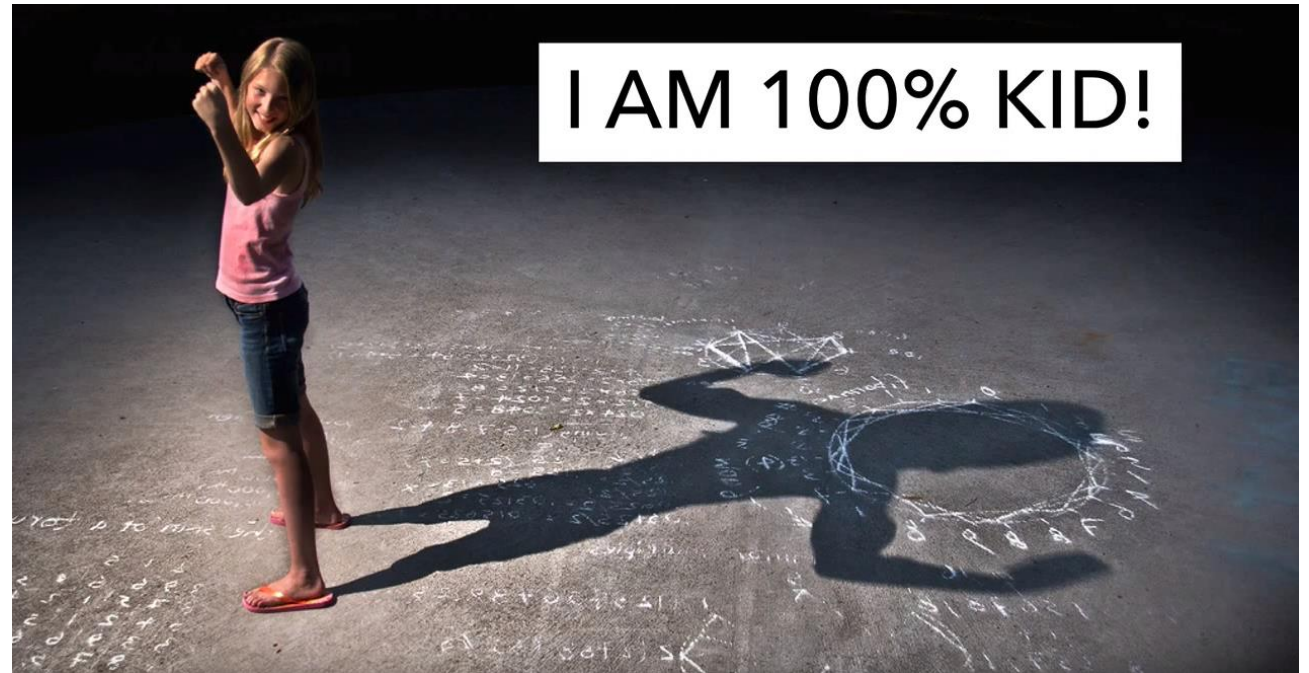
Failure and learning allows neurons to form new connections, and kids get “smarter” & more resilient to failure over time.



How I use it

The population I serve is a group of students who *typically* struggle with a label of “100% kid.”

To counteract “perfectionism” I focus on the power of F.A.I.L.ure.



How I use it

1. Be respectful

- New ideas
- Mistakes
- Our time

2. Be responsible

- Complete work *on time*
- Keep track of assignments
- Stay focused and on the task

3. Be confident

- FAIL

F.A.I.L

FIRST ATTEMPT IN LEARNING

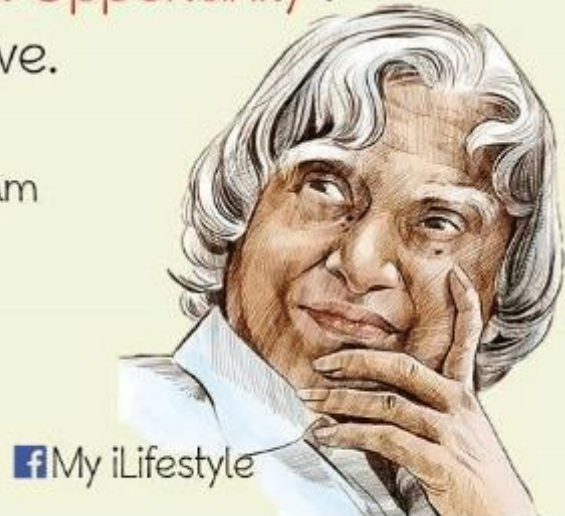
"If you fail, never give up because F.A.I.L. means "first Attempt In Learning"
End is not the end, if fact E.N.D. means "Effort Never Dies"
If you get No as an answer, remember N.O. means "Next Opportunity".
So Let's be positive.

– A.P.J. Abdul Kalam

Benefits I have observed

“- If you fail, never give up because
F.A.I.L. means “First Attempt In Learning”
- End is not the end, if fact
E.N.D. means “Effort Never Dies”
- If you get No as an answer, remember
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So Let's be positive.

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f My iLifestyle

INCREASE!

- Confidence
- Persistence
- Celebrating F.A.I.L.ure
- Positive outlook
- Quality of work
- Pride
- Peer connections
- Helping others reframe a fixed mindset
- Self-care
- Completed work
- Creative thinking
- *Resiliency!*



Academic/Social goal setting:

Intellectual/Academic

Persistence

Progress	
Date	Step/Activity

I keep trying when the answer is not clear.

I will learn from my mistakes and try again; "What else Can I try?" and "What did not work?"/ "There HAS to be another solution!"

STEP 2

I will try again in another way; "I Can do this!"

STEP 3

I will state my feelings when I am frustrated; I will use self-care and take a 1-minute break (deep breath, restroom, sitting and thinking of something else). I will come back ready to learn and try again- and I will not get distracted in my break.

STEP 1

Social/Emotional

Confident Learner

Progress	
Date	Step/Activity

I am willing to make a mistake in order to learn something new.

I will keep trying even if I think I cannot do it: "I will not give up!" and "It is OKAY to be wrong."

STEP 2

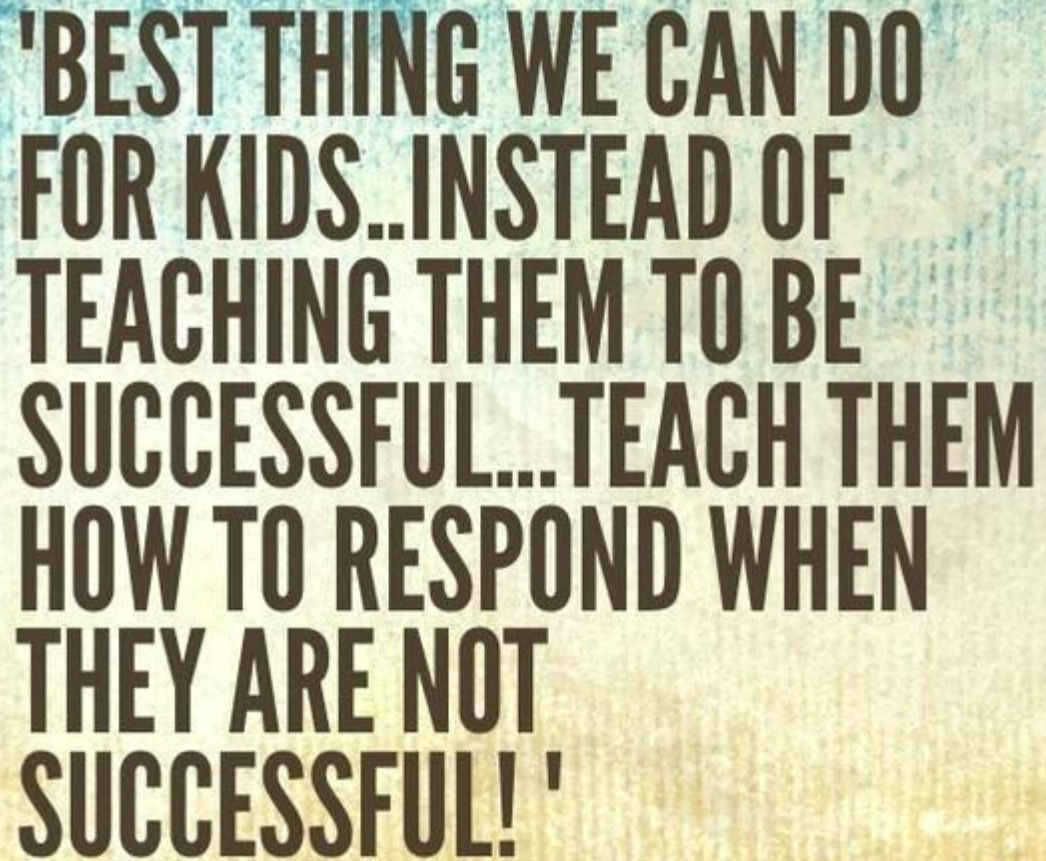
I will use what I have learned to make a change so I can grow my brain: "What did I learn on my first try?"

STEP 3

I will be comfortable taking a risk (when you do not know the answer, you try guessing and then check if it is wrong or right). When I am Confused, I will ask for help.

STEP 1

How you can use it?

A quote in bold, dark brown capital letters on a textured background that transitions from blue at the top to yellow at the bottom. The text reads: 'BEST THING WE CAN DO FOR KIDS..INSTEAD OF TEACHING THEM TO BE SUCCESSFUL...TEACH THEM HOW TO RESPOND WHEN THEY ARE NOT SUCCESSFUL! '

'BEST THING WE CAN DO
FOR KIDS..INSTEAD OF
TEACHING THEM TO BE
SUCCESSFUL...TEACH THEM
HOW TO RESPOND WHEN
THEY ARE NOT
SUCCESSFUL! '


- Praise *process*- not product
- Process praise increases resiliency
- BE SPECIFIC/*Steer away from non-specific praise (aka “Smart”)*
- Reframe fixed mindset statements for your mentee
- Introduce and use “the POWER of YET”
- Practice your own growth mindset self-talk

Help kids reframe a fixed mindset:

10 Growth Mindset Statements

What can I say to myself?


FIXED MINDSET



INSTEAD OF:

- I'm not good at this.
- I'm awesome at this.
- I give up.
- This is too hard.
- I can't make this any better.
- I just can't do Math.
- I made a mistake.
- She's so smart. I will never be that smart.
- It's good enough.
- Plan "A" didn't work.

GROWTH MINDSET



TRY THINKING:

- 1 What am I missing?
- 2 I'm on the right track.
- 3 I'll use some of the strategies we've learned.
- 4 This may take some time and effort.
- 5 I can always improve so I'll keep trying.
- 6 I'm going to train my brain in Math.
- 7 Mistakes help me to learn better.
- 8 I'm going to figure out how she does it.
- 9 Is it really my best work?
- 10 Good thing the alphabet has 25 more letters!

(Original source unknown)

@sylvia duckworth

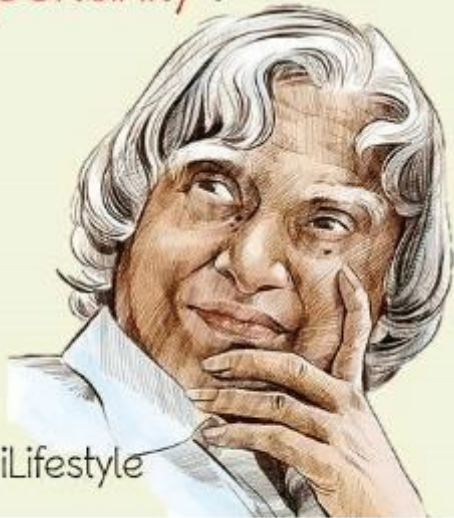
Praise below the surface:



Start today! Practice growth mindset on yourself:

“- If you fail, never give up because
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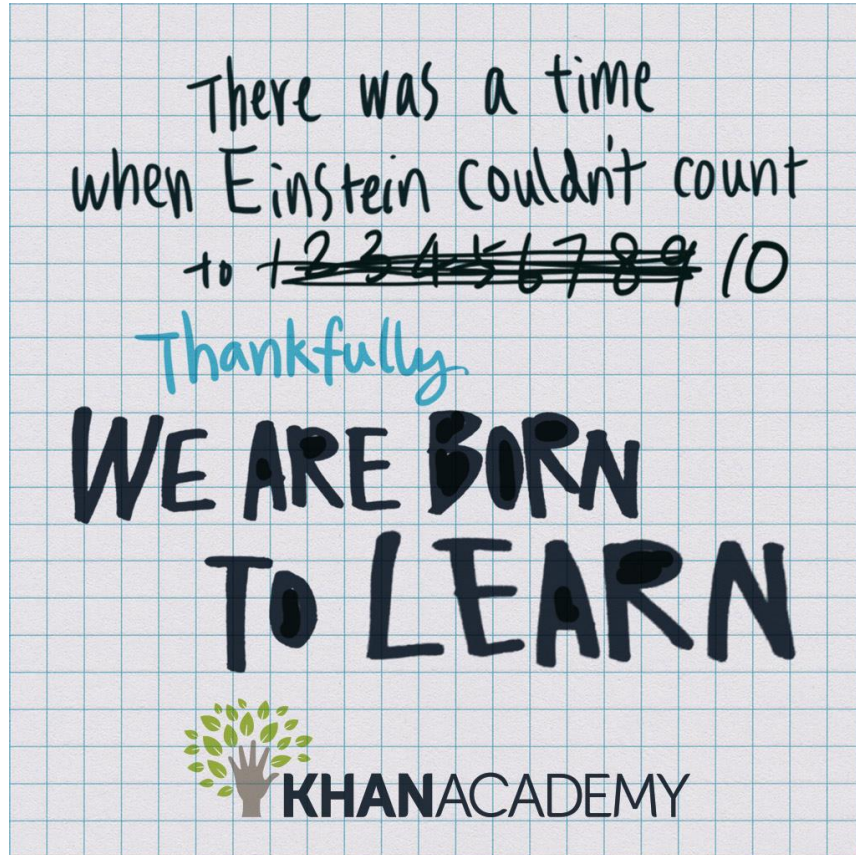
f My iLifestyle

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- Self-care
- Completed work
- Creative thinking
- **Resiliency!**



Other resource: Sal Khan-Khan Academy



- <https://www.khanacademy.org/talks-and-interviews/conversations-with-sal/v/lets-teach-for-mastery-not-test-scores-sal-khan>

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