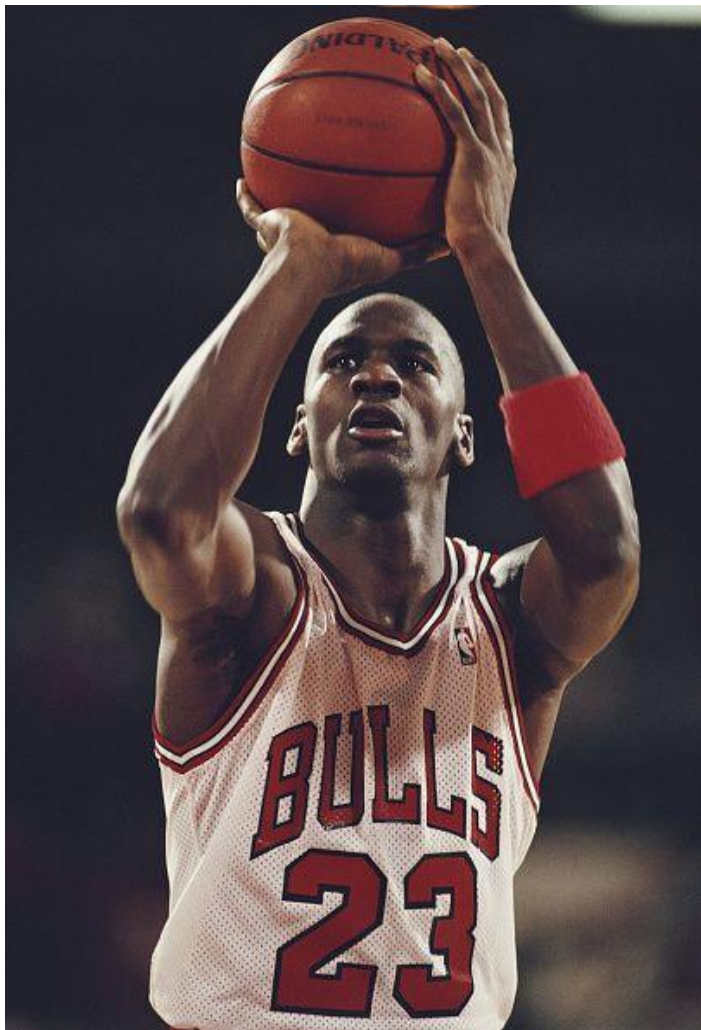


Effort or Gifted?



*“In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.” (Dweck, 2015*



“I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been 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

<http://www.youtube.com/watch?v=gysXo4jFlwQ>

"If you manage people or are a parent (which is a form of managing people), drop everything and read *Mindset*."
—GUY Kawasaki, author of *The Art of the Start*

mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN
LEARN TO FULFILL
OUR POTENTIAL

- * *parenting*
- * *business*
- * *school*
- * *relationships*

"We have to be
one of the most
influential books ever
about motivation."
—PO BRONFENBRENNER, author
of *Montessori*

CAROL S. DWECK, Ph.D.

Dweck's conclusion:

“Emphasizing **effort** gives a child a variable that they can **control**. They come to see themselves as in control of their success. Emphasizing natural intelligence takes it out of the child's control, and it provides no good recipe for responding to a failure.”



| What mindset do you hold?

Fixed Mindset

- ☞ Believing that your qualities are carved in stone.



Growth Mindset

- ☞ Believing that your basic qualities are things that you can cultivate through your efforts.



	Fixed	Growth
Challenges	Avoid	Embrace
Obstacles	Give up	Persist
Effort	Fruitless	Road to mastery
Criticism	Ignore	Learn from
Success of Others	Threatened	Find Inspiration
As a result...	May achieve less than potential	...

Do you hear Fixed Mindset at home?

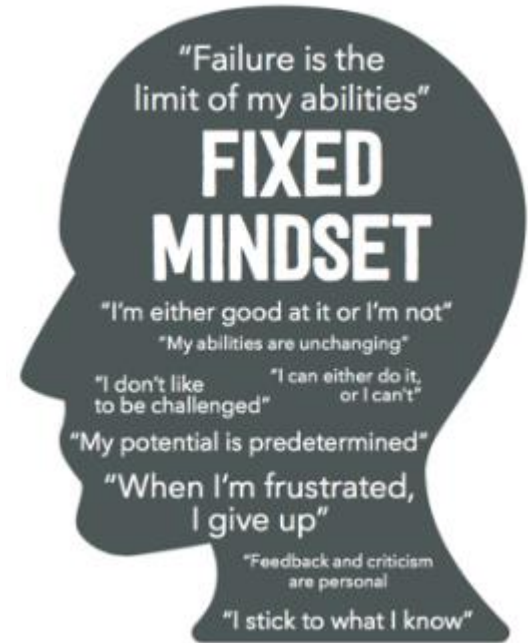
"I am so bad at math."

"My teacher doesn't know how to teach..."

"I'll never understand..."

"I always get bad grades on papers."

"Who needs to know about this?"



What does Growth Mindset look like?

Motivation

Believe that I will get it/do it/understand it

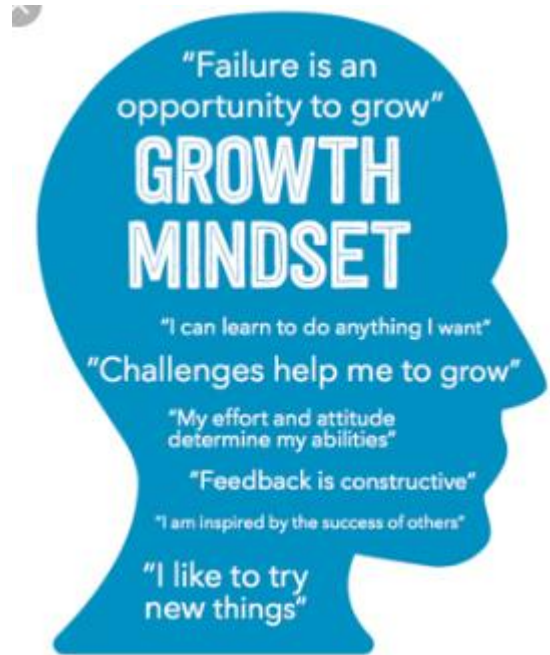
Academic risk taking

Goal setting and problem solving

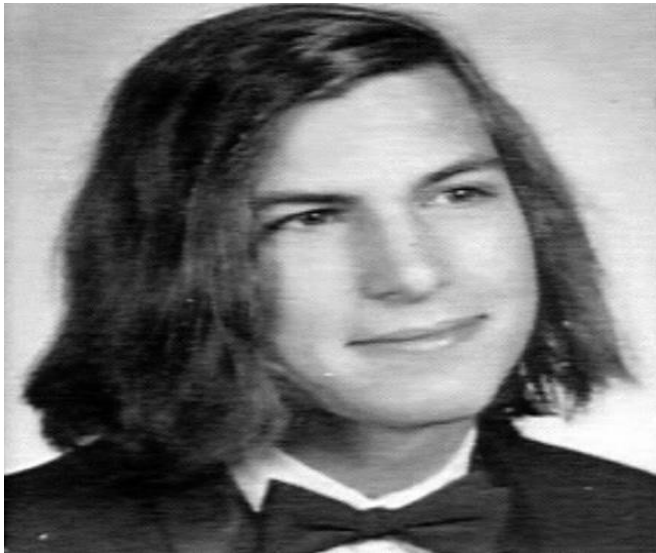
Focus is on the process of learning

Effort is the priority

YET



Success is about learning –
not proving you're smart



When the going gets tough
the fixed make excuses



What do they look and sound like in your school?



Fixed

- Decreased performance
- Lose confidence
- Fear failure
- Give up easily
- Avoid difficult tasks
- May cheat
- Use technology as an excuse

Growth

- ★ Higher self-esteem
- ★ Enjoy learning
- ★ Willing to try
- ★ Understand it takes time
- ★ Technology is a tool

What can we do at home?

Tone down the “cheerleading” and focus on acknowledging specific accomplishments

Embrace the power of YET

Accept and appreciate your child as they are

Give specific and genuine feedback

Accept that growth comes with challenge & struggle



“If you can dream it, you can do it.”

-Walt Disney



Who BTW...

was fired by a newspaper editor because the editor felt “he lacked imagination and had no good ideas.”

References

<http://www.mindsetworks.com/page/create-growth-mindset-culture-and-increase-student-achievement.aspx>

Mindset Carol Dweck