GROWTH MINDSET

The Institute for Learning and Teaching (TILT)
SELF REFLECTION
GROWTH MINDSET EXPLANATION
UTILIZING RESOURCES
What’s the difference between fixed and growth mindset?
Reflect on a time you had to overcome an academic struggle?

What strategies did you use?
What made you keep pushing to succeed?

Did you ask for help?
TODAY’S AGENDA

SELF REFLECTION

GROWTH MINDSET EXPLANATION

UTILIZING RESOURCES
HISTORY OF MINDSET THEORY

- 1990 research focus on self esteem told children must be protected from failure

- Developed by psychologist Carol Dweck focus in achievement and success

- Her research examined how intelligence can be developed over time
  - Belief on skills and abilities can be improved
  - Build self motivation

“Change can be tough, but I’ve never heard anybody say it wasn’t worth it.”
- Carol Dweck, Mindset
TWO MINDSETS
CAROL S. DWECK, Ph.D.

Fixed Mindset
Intelligence is static

Leading to a desire to look smart and therefore a tendency to...

Challenges...
  avoid challenges

Obstacles...
  give up easily

Effort...

Growth Mindset
Intelligence can be developed

Leading to a desire to learn and therefore a tendency to...

Challenges...
  embrace challenges

Obstacles...
  persist in the face of setbacks

Effort...
ECCORT
...see effort as fruitless or worse
...see effort as the path to mastery

CRITICISM
...ignore useful negative feedback
...learn from criticism

SUCCESS OF OTHERS
...feel threatened by the success of others
...find lessons and inspiration in the success of others

As a result, they may plateau early and achieve less than their full potential. All this confirms a deterministic view of the world.

As a result, they reach ever-higher levels of achievement. All this gives them a greater sense of free will.
**FIXED MINDSET**

Degree of success based on external factors

- It’s too difficult
- Born into it
- Inadequate
- Make fewer attempts
- Give up easily
- Get stuck on labels, rationalization & excuses

**GROWTH MINDSET**

Achievement grounded within internal factor

- Attending office hours will pay off
- Joining study groups will help me be successful
- Working harder to overcome obstacles
- Failing my exam doesn’t define me
- Accept feedback as improvement
SHARE & NORMALIZE THE STRUGGLE

- VERBALIZE YOUR STRUGGLE - share what is going on
- Identify what has been hard
- Ask others how they overcome the obstacles
- How did they feel after accomplishing the task?
- Don’t give up!!! Instead
  a. Normalize the fact that college is difficult
  b. Recover from failure
  c. Challenge yourself
  d. Foster motivation from success
KEEP THE EMPHASIS ON PROGRESS RATHER THAN SCORE

- Scores can limit learning rather than help it if framed incorrectly.
  - Students with high scores often think their learning is done.
  - Students with low scores may feel, “What’s the use in trying?”

- The goal of learning is to *move towards mastery*.

- **How far they have come rather than focusing on how far they have to go?**
THE POWER OF YET!

- Instead of “I can’t” “I don’t want” or “I don't’ like”

- Develop the attitude of “YET”
  - “I don’t understand this YET…”

- Think like an expert
  - Put effort into your work
  - Have focus and purpose
  - We learn step by step
  - “Yet” with optimism.
SELF REFLECTION
GROWTH MINDSET EXPLANATION
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MISCONCEPTION IN EDUCATION

- Struggling = lack skill
- I can cram and learn it fast
- Knowledge is one isolated facts. I either know it or I don’t!
- Once I learned it I will remember it forever.
- What else?

“Empower yourself with a good education.”
Michelle Obama
RELATIONSHIP BUILDING

● Get to know people in their classes.
  ○ Instructors, TA’s, Classmates

● Utilize instructor office hours
  ○ Get to know instructors
  ○ Ask questions

● Participate in the 50 First Days
  ○ Ability to learn about involvement opportunities on campus, engage in community wide-events, and enhance their connection to being a CSU Ram!

● Identify who are your support system
SET EXPECTATIONS

● Think through any struggles YOU may have and how they might address them.
  ○ Do they have trouble waking up in the morning?
  ○ Have a job and don’t know how to balance your time management?

● Review your syllabus for each class and make sure you are aware of the deadlines, and expectations for assignments.

● Put all course assignments, papers, tests, projects, and even important personal commitments in your planner
  ○ know when things are due, prepare for weeks when they have a lot going on, and plan a study strategy.

● Be an active learner
Contact Us

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Thank you