

GROWTH MINDSET

The Institute for Learning and Teaching (TILT)



Colorado State University

TODAY'S AGENDA

SELF REFLECTION

GROWTH MINDSET EXPLANATION

UTILIZING RESOURCES

SELF REFLECTION

What's the difference between
fixed and growth mindset?



SELF REFLECTION

- Reflect on a time you had to overcome an academic struggle?
- What strategies did you use?



SELF REFLECTION

- ❑ What made you keep pushing to succeed?
- ❑ Did you ask for help?



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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.

Graphic by
Nigel Holmes

Fixed Mindset

Intelligence is static



Leads 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



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

...embrace
challenges



...persist in the
face of setbacks



EFFORT

...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



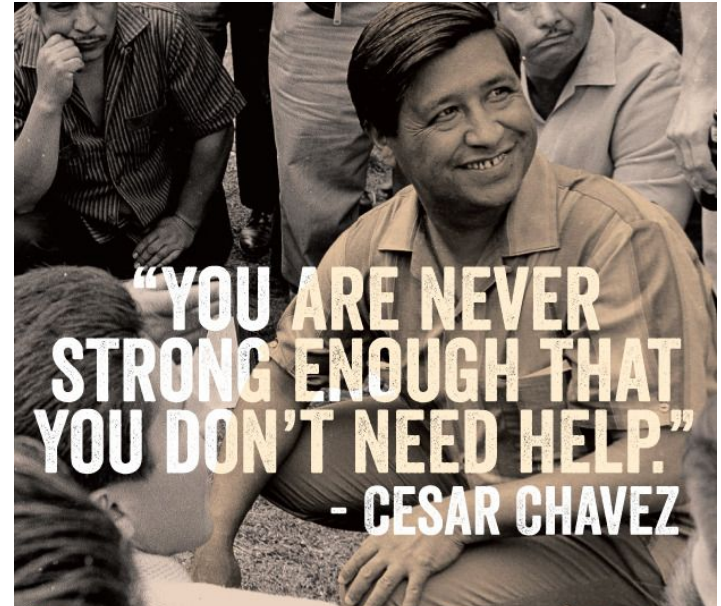
GROWTH MINDSET

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.**



The
Expert
in
Anything
was
Once
a
Beginner

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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?



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

Website: ***www.tilt.colostate.edu***

Address: ***801 Oval Drive***

Thank you



Colorado State University