



# *Growth Mindset*


GCES Parent Night

March 22, 2017

6:30-7:30 PM



# Outcomes

- Participants will:
    - Reflect on their own mindset and its impact
    - Identify growth and fixed mindsets
    - Identify strategies to foster a growth mindset within their child(ren)
- 




# Agenda

- Activator
  - Overview
  - Application
  - Closure
- 



# Activator

- Read the statements.
  - Fill in your personal reactions for your current Mindset survey.
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# Activator: What's your Mindset?

*Fill in your opinion rating for each question below.*

1) I value effort as much as I value achievement.

LOW ① ② ③ ④ ⑤ HIGH

2) You can learn new things, but you can't really change how intelligent you are.

LOW ① ② ③ ④ ⑤ HIGH

3) My child(ren) finds the success of his/her/their peers inspirational.

LOW ① ② ③ ④ ⑤ HIGH

4) Your brain has the ability to make connections and learn new things at any age.


LOW ① ② ③ ④ ⑤ HIGH

5) When my child experiences setbacks, he/she becomes anxious and gets defensive.

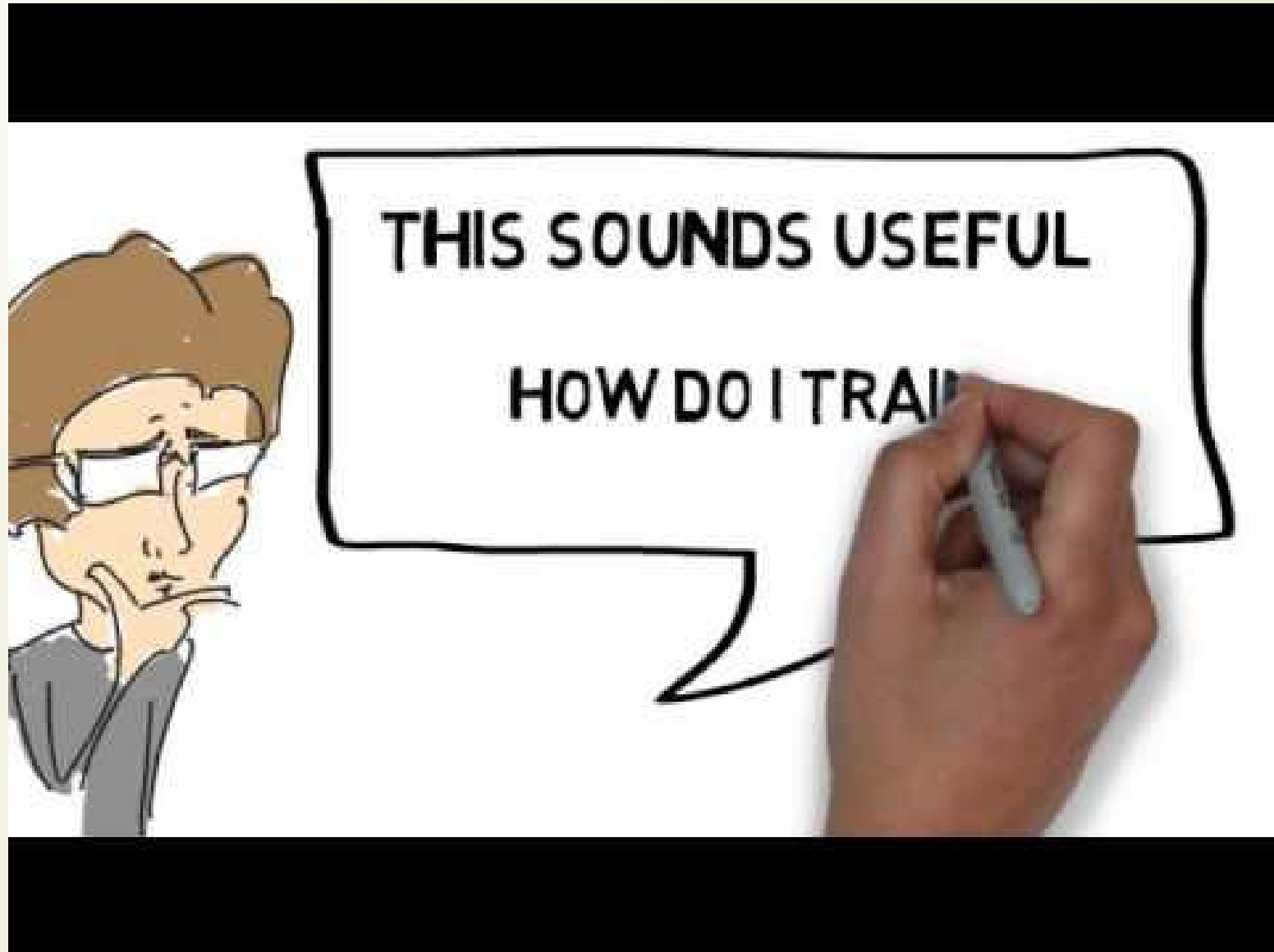
LOW ① ② ③ ④ ⑤ HIGH



# Small Group Share

- Which statement(s) most stood out to you?
  - What similarities do you notice between you and your child?
- 

# What is Growth Mindset?



# WHAT KIND OF MINDSET DO I HAVE?



## FIXED MINDSET

- I'm either good at it, or I'm not.
- If I fail, I'm no good.
- I don't like to be challenged.
- I feel like feedback is personal.
- If you succeed, I feel threatened.
- I give up if I find something difficult.
- My abilities determine everything.



## GROWTH MINDSET

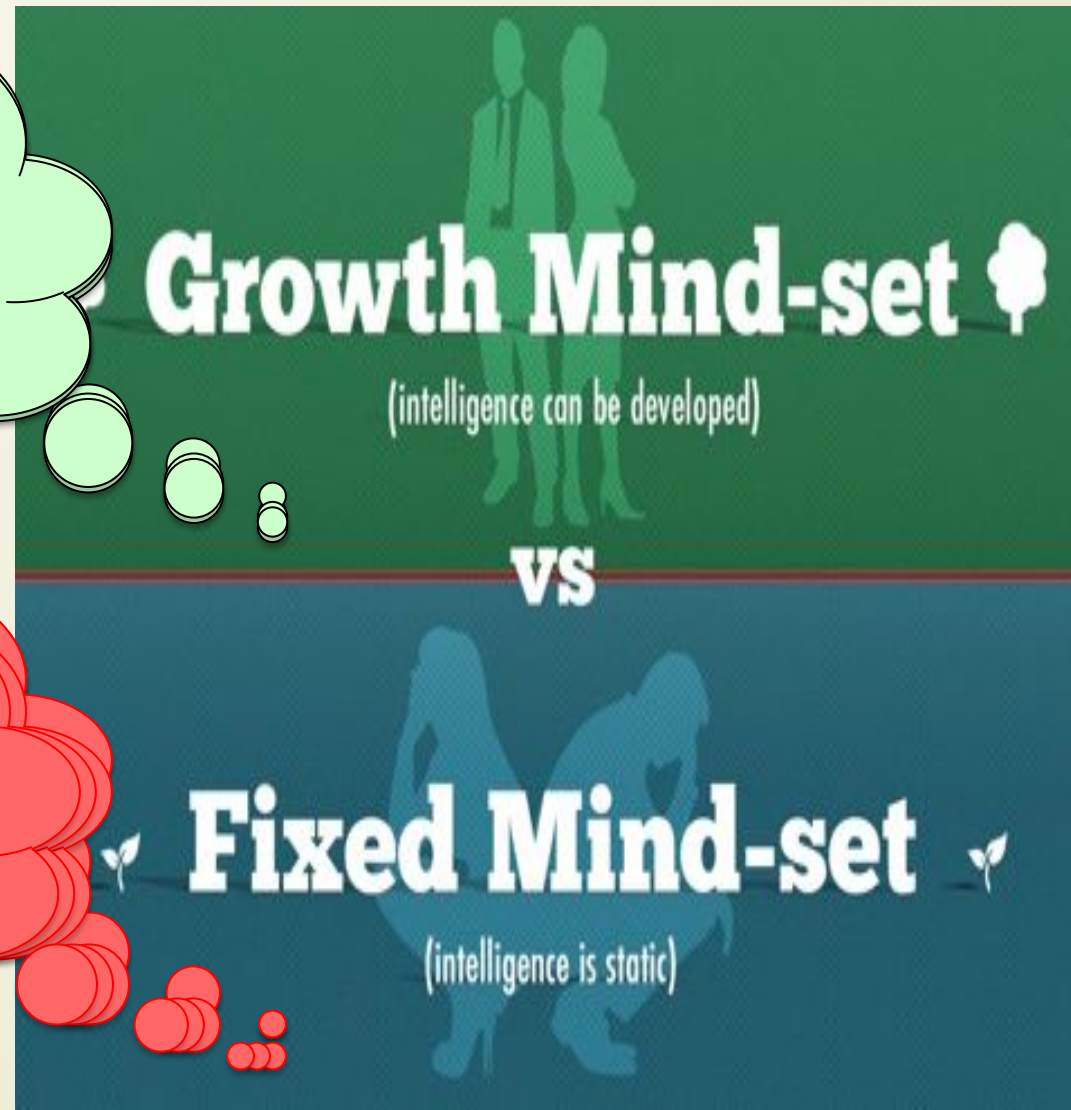
- I can learn anything I want to.
- I learn from my failures.
- I want to challenge myself.
- I feel like feedback is constructive.
- I am inspired by the success of others.
- I always persevere, even when I'm frustrated.
- My effort and attitude determine everything.



# Overview: What is Growth Mindset? What is Fixed Mindset?

I don't mind if I make a mistake, as long as I can figure out what I did wrong.

Making mistakes makes me feel dumb. I like to get everything right.



# CAROL DWECK SAYS...

“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.”

# NOT YET

BY CAROL DWECK



*"Praising the process that kids engage in: their effort, their strategies, their focus, their perseverance, their improvement. This process praise creates kids who are hardy and resilient."*

*If you get a failing grade, you think, I'm nothing, I'm nowhere. But if you get the grade "Not Yet" you understand that you're on a learning curve.*

*It gives you a path into the future ..."*

## DON'T PRAISE

INTELLIGENCE  
OR  
ABILITIES

## DO PRAISE

THE PROCESS  
AND  
EFFORT



# Let's Practice Together!

We'll take a quick quiz together just to practice Growth Mindset phrases.

Thumbs up for Growth Mindset Phrases

Thumbs down for Fixed Mindset Phrases

Thumbs to the side for "I'm not sure."

<https://www.mindsetkit.org/growth-mindset-parents/how-parents-can-instill-gro>



# Application: Praise, Yet, & Growth Mindset

- Small Group Group Scenarios
- Group Example
- Discuss each scenario with your group .
  - What are some fixed mindset responses?
  - Create a growth mindset response.
  - Feel free to ask questions in your groups.

# Application: The Mindset of Your Children

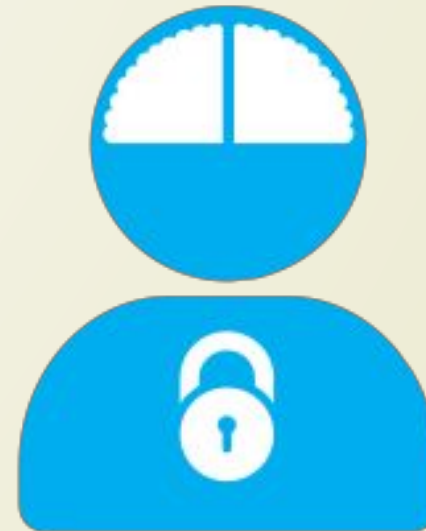
**Think about it:** How have you seen the two mindsets in yourself and your child(ren)?



## **Growth Mindset**

Believe that they can learn anything if they put in the work, practice, and effort to learn it.

**VS**




## **Fixed Mindset**

Think that they cannot increase their skill and knowledge in a particular area.



## Application & Closure: Turn and Talk

- What's something you can do this week to intentionally foster a growth mindset?
- 



# Closure

- Resources
  - Growth Mindset by Carol Dweck
  - Mindset for Parents by Mary Kay Ricci and Meg Lee
  - <https://www.mindsetworks.com/parents/growth-mindset-parenting>
  - <https://www.mindsetkit.org/growth-mindset-parents>
- Feedback Forms
  - Please complete and return to one of our staff members.





# Thanks to...

- Parents
  - All of you! We appreciate you attending tonight's event!
- Staff Members
  - Debbie Caldwell, Gillian Spivey
  - Growth Mindset Committee Members (for Parent Night): Kristin Bogus, Katie Carter, Troy Hoffman, Christine Hyun, Caitilin Kilty, Amanda Marquardt, Tina Parater, Dawn Pettit, Mary Reinhard
  - Tara Bizokas, Marian Melnick, Ruth Morales
  - Vincent Harris, Wayne Williams, Robert Carter, Craig Fowler, Linda Bennett
  - Kimberlyn Pratesi (HES Principal)

# Works Cited

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Thank you for your COMMIT-MINT  
to Growth Mindset!



Please take one. Thank you for coming!