

# **GROWTH MINDSET:** **Not Just The Philosophy!**

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# Quiz Results



# QUICK!

WHO ARE YOU?

WHERE DO YOU WORK?

GRADE LEVEL?

CONTENT AREA?

WHY DID YOU CHOOSE THIS SESSION?

WHAT IS YOUR NEXT SESSION?

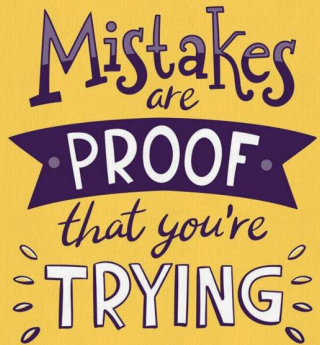
## WARNING:

If you hang out  
with me for too long, I'll  
brainwash you into  
believing in yourself and  
thinking you can achieve  
anything.



# Objectives For This Morning:

- Gain a deeper understanding of Growth Mindset
- Learn how to implement Growth Mindset in a school setting
- Ultimately, apply it for personal growth!



Mistakes  
*are*  
**PROOF**  
*that you're*  
**TRYING**

# What is Growth Mindset?

ACCORDING TO THE SOURCE, CAROL DWECK



# Growth Mindset is also...

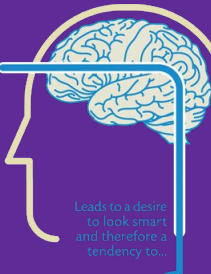


[Khan Academy](https://www.khanacademy.com)

“THE BELIEF THAT QUALITIES CAN CHANGE  
AND THAT WE CAN DEVELOP OUR  
INTELLIGENCE AND ABILITIES”  
(MINDSHIFT)

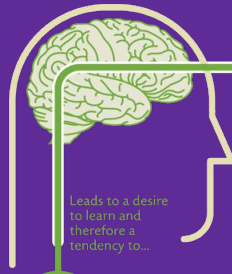


**Fixed Mind-set**  
Intelligence is static



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

**Growth Mind-set**  
Intelligence can be developed



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

# Fixed vs Growth

## CHALLENGES

...avoid  
challenges

...embrace  
challenges

## OBSTACLES

...give up  
easily

...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.**



FOCUS MORE *GROWTH*



# WHY

...THE PERFORMANCE OF STUDENTS IS AFFECTED BY THE EXTENT TO WHICH THEY *BELIEVE*

- THAT INTELLIGENCE IS MALLEABLE
- THEIR SENSE OF SELF-EFFICACY
- THEIR SENSE OF BELONGING IN AN ACADEMIC CONTEXT
- THE VALUE THEY PLACE ON SCHOOLWORK

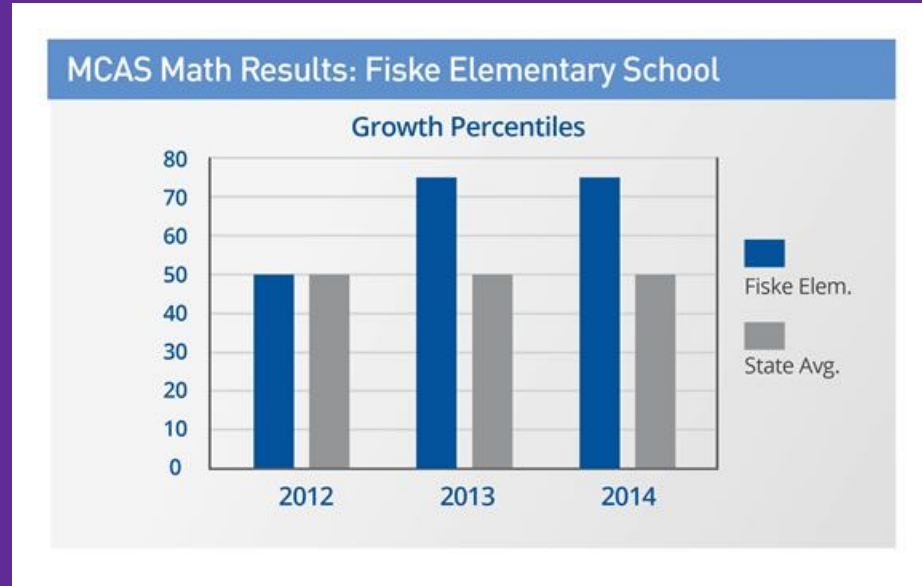
...SUCH "ACADEMIC MINDSETS" INFLUENCE BEHAVIORS LIKE CONSCIENTIOUSNESS AND PERSISTENCE, *WHICH LEAD TO HIGH ACADEMIC PERFORMANCE...*

([http://www.howyouthlearn.org/research\\_mindsets.html](http://www.howyouthlearn.org/research_mindsets.html))



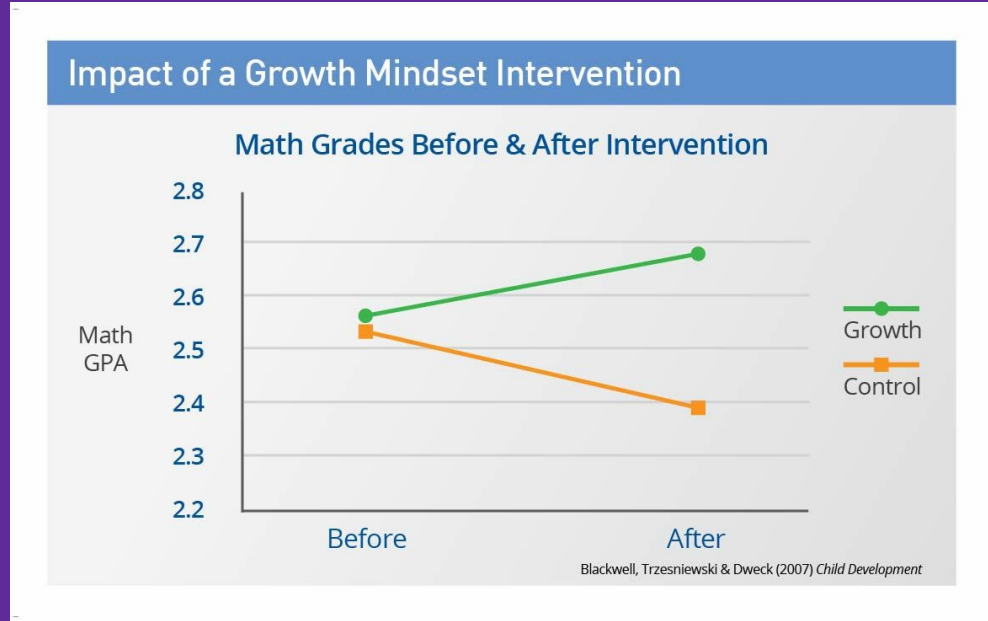
# Data From a Case Study:

## Professional Development



# Data From a Case Study:

## Teacher Practice



# A Message About Growth Mindset:

“  
**Don't tell me how talented you are.  
Tell me how hard you work.**  
- Artur Rubenstein, pianist

**It's not that I'm so smart, it's  
that I stay with problems longer.**  
- Albert Einstein, mathematician”

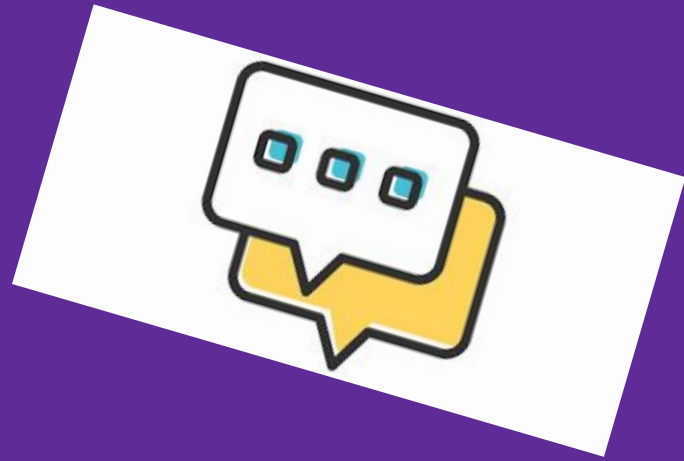
**FAMOUS GROWTH MINDSETS**

# Article Discussion



PLEASE READ AND MAKE NOTE

Please talk in groups/partnerships  
and discuss some of your findings



FAILURE = POTENTIAL FOR GROWTH

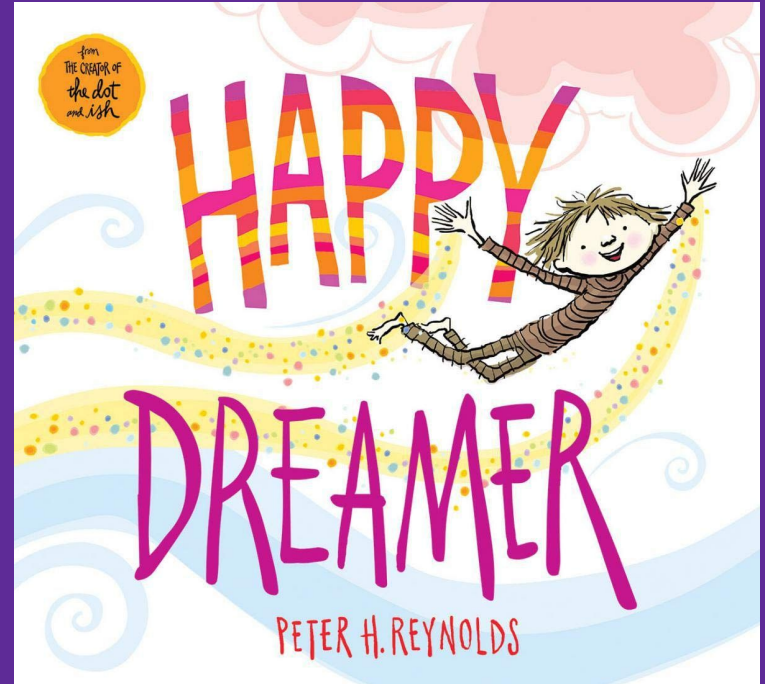
## FAMOUS FAILURES



# Happy Dreamer

 SCHOLASTIC

PETER H REYNOLDS





# Businesses

1. Forbes article
2. Harvard Business article

Groups:

- 1 quote that stands out to you?
- 1 takeaway to bring to your own practice at school



# How Else Can We Implement This In Our Classrooms?

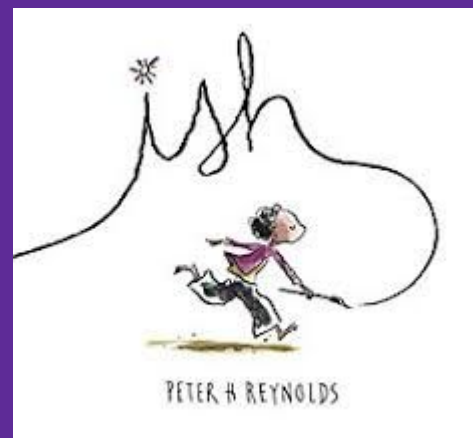
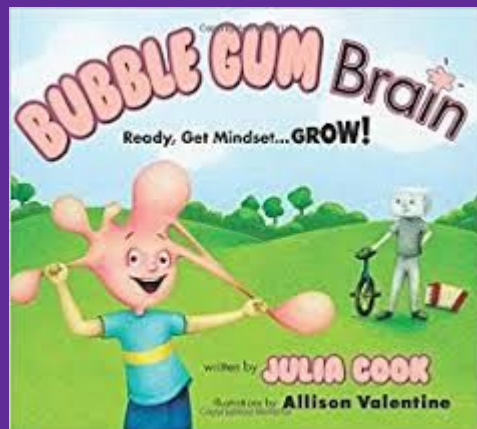
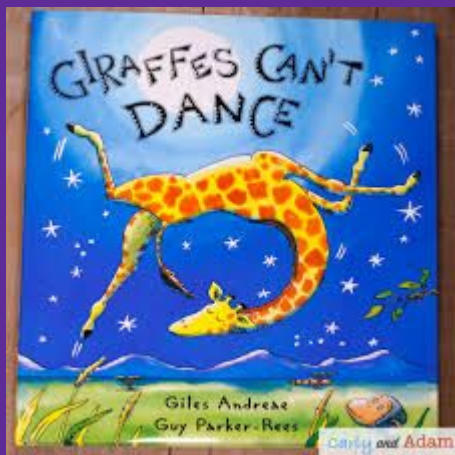
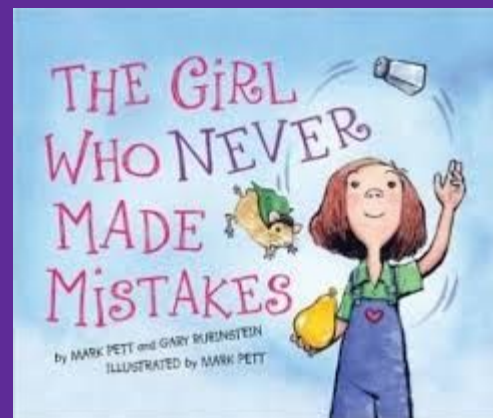
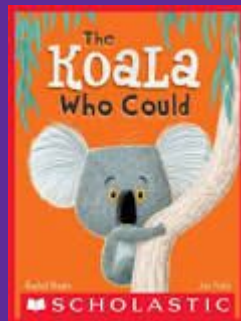
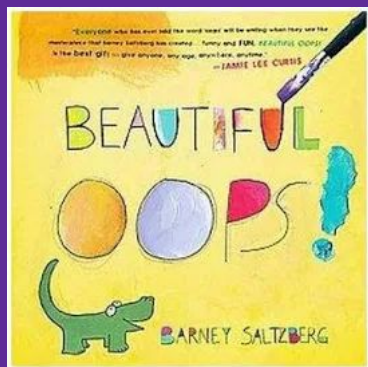


# Videos

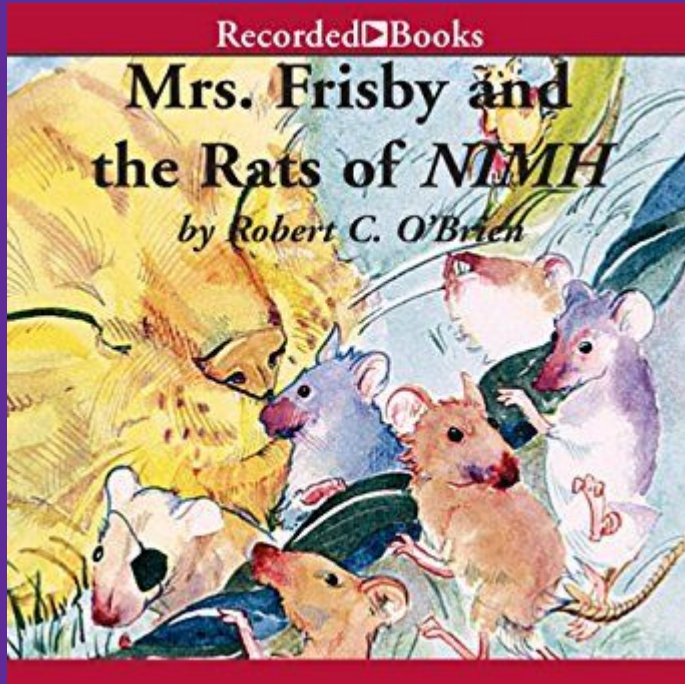
High School



# BOOKS

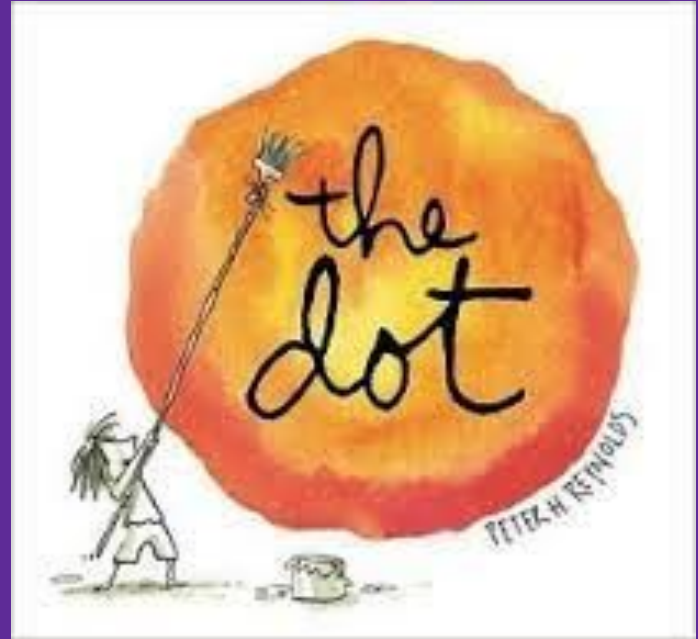


# MORE BOOKS!

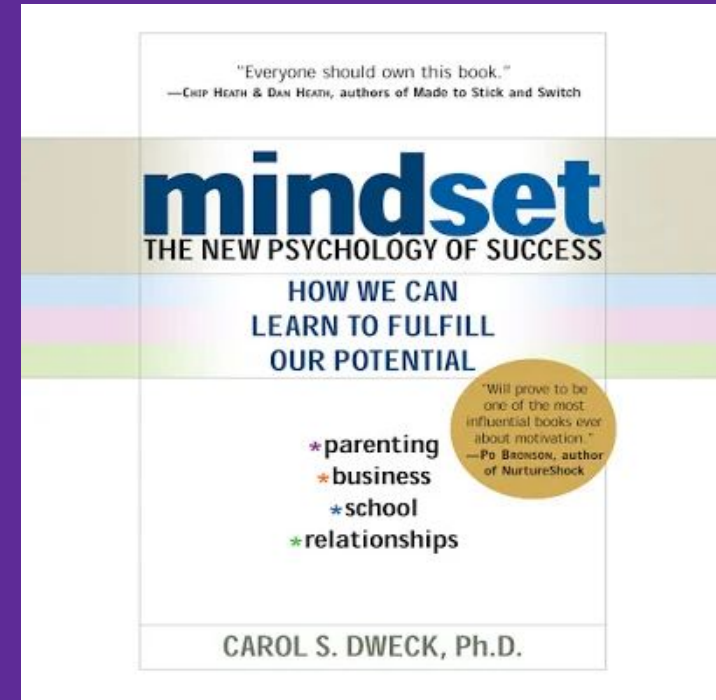
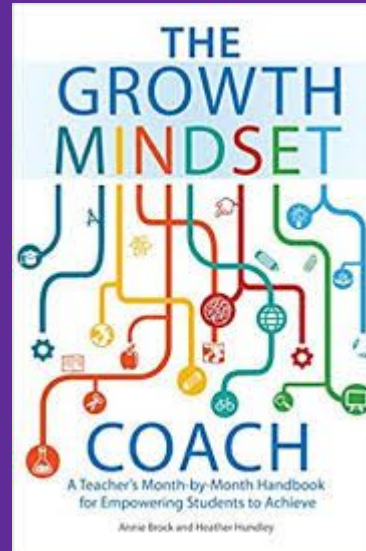
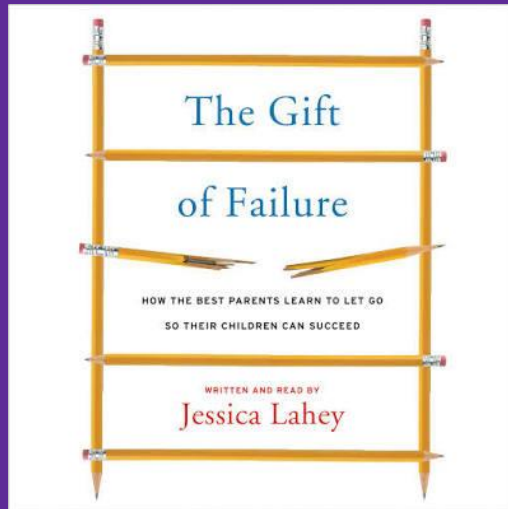


# BOOK VIDEOS

## THE DOT



# BOOKS FOR YOU!



# Songs For Younger Students

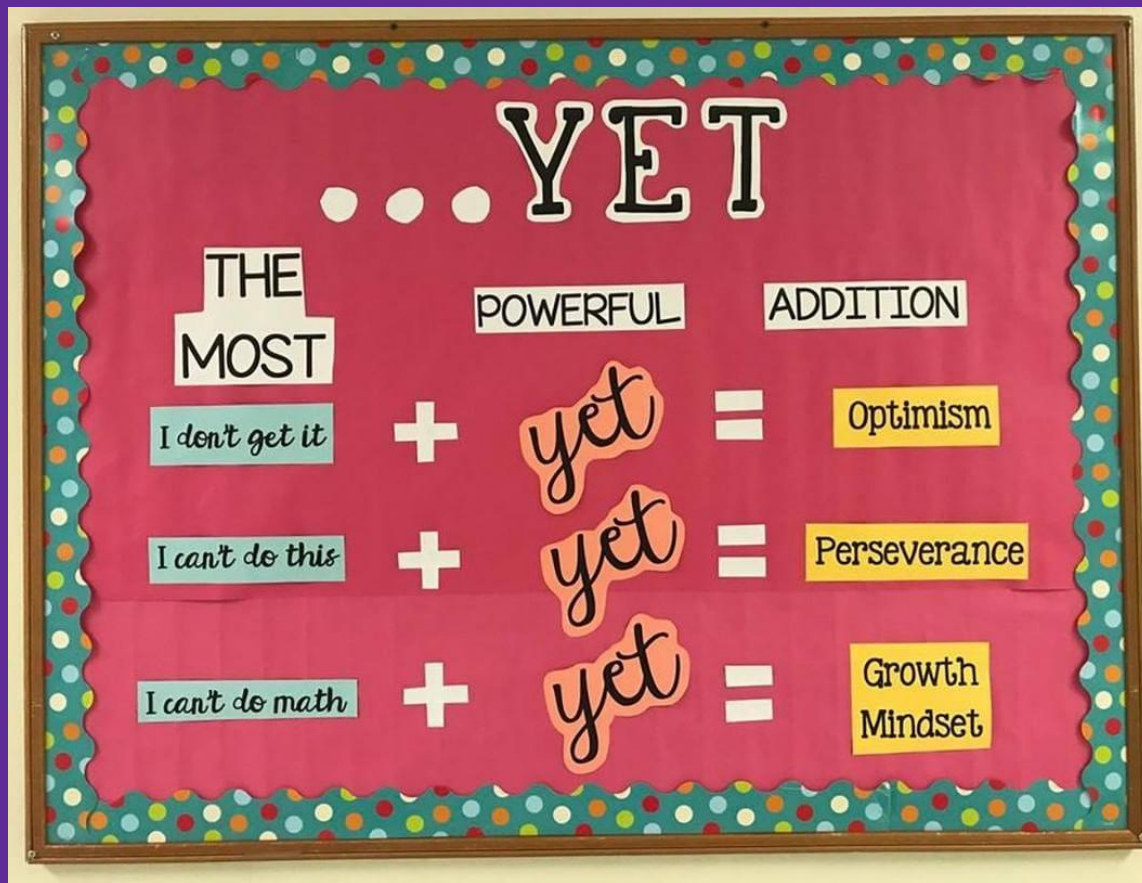
[Make a Mark](#)

[Sesame Street](#)

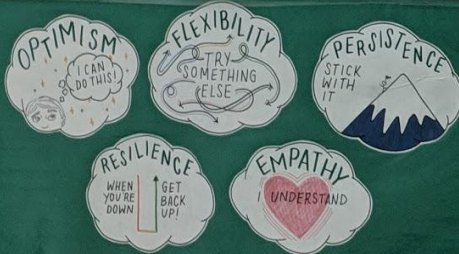
**The Power**  
*of*  
**YET.**  
#GrowthMindset



Visuals for  
students AND  
references for  
you!



# HELPING OUR BRAINS GROW



GROWTH MINDSET



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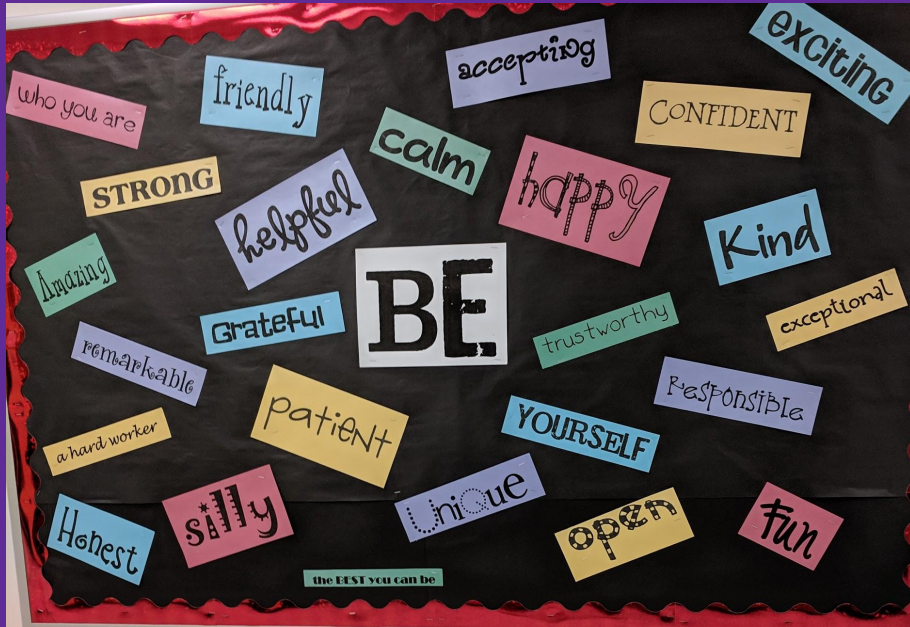
GROWTH MINDSET



GROWTH MINDSET



GROWTH MINDSET



# Home TO SCHOOL COMMUNICATION

- **WEBSITE**
- **NEWSLETTER**
- **OPEN HOUSE**



NOW HOW ABOUT  
YOU...

GROWTH MINDSET AS  
SELF-CARE

**mAZLO**

## HOW TO CULTIVATE A GROWTH MINDSET

### GET EXPERT HELP

Find a coach to push you beyond your comfort zone.



### COMPETE WITH YOURSELF

All that matters is how you compare to where you were yesterday.



### PRAISE FOR EFFORT, NOT SKILL

Acknowledge effort over talent in others — and yourself.



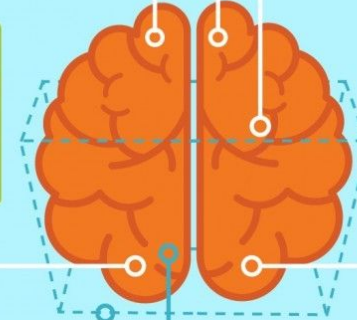
### LOOK AROUND YOU

Look to others' accomplishments for evidence that effort pays off.



### LEARN FROM FAILURE

Focus on what you could have done differently.



### GROWTH MINDSET

Believing that your abilities are infinite

### FIXED MINDSET

Believing that your ability is finite



## Change Your Mind(set)



-Don't think of STRESS as

- a threat
- a demoralizer
- pressure
- overwhelming
- debilitating

-Don't focus on problems

-Don't fight stress



+Do think of STRESS as

- a challenge
- a motivator
- an opportunity
- manageable
- energizing

+Do focus on possibilities

+Do embrace stress

# CHALLENGE!

## Some Inspiration

Email me:

[KilcourseLi@newtown.k12.ct.us](mailto:KilcourseLi@newtown.k12.ct.us)

I hope THAT IN THE  
year TO COME, YOU  
MAKE mistakes

BECAUSE IF YOU ARE MAKING  
MISTAKES, THEN YOU ARE  
MAKING NEW THINGS, TRYING  
NEW THINGS, LEARNING, LIVING,  
PUSHING YOURSELF, CHANGING  
YOURSELF, CHANGING YOUR  
WORLD. YOU'RE DOING THINGS  
YOU'VE NEVER DONE BEFORE,  
AND, MORE IMPORTANTLY,  
YOU'RE DOING SOMETHING.

NEIL GAIMAN  
@POSITIVELYPRESENT