

## What is a Growth Mindset?

Lots of information is available about cultivating and maintaining a growth mindset in schools and in the workplace. If you check it out online, you may find additional information that is clearer or more meaningful to you and your family. The concept of growth mindset is important in our household. Like so many skills we want to teach our kids, I found it important to do my best to model this for my kids as well as teach, support, and expect it from them.

To understand and parent in a way that supports a growth mindset we need to be willing to look “below the water line” in the iceberg illusion. Successful completion of a task or acquisition of a skill is broadly recognized. Success is, of course, important AND it is also somewhat a reward in and of itself. Success or Completion is what we all see. What it takes to get there can be easily overlooked. What it takes to get there is also where the growth happens and is worthy of our attention and engagement regardless of what success ultimately looks like for our kiddos (or us).



<https://blogs.ksbe.edu/kaahhee/2015/10/27/growth-mindset-vs-fixed-mindset/>

The following three graphics depict similar but slightly different aspects of a growth vs. a fixed mind set. It's not hard to imagine how adopting a growth mindset might adjust the way we talk to ourselves and our kids.

# - Growth Mindset vs Fixed Mindset -

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## What Kind of Mindset Do You Have?



I can learn anything I want to.  
 When I'm frustrated, I persevere.  
 I want to challenge myself.  
 When I fail, I learn.  
 Tell me I try hard.  
 If you succeed, I'm inspired.  
 My effort and attitude determine everything.



I'm either good at it, or I'm not.  
 When I'm frustrated, I give up.  
 I don't like to be challenged.  
 When I fail, I'm no good.  
 Tell me I'm smart.  
 If you succeed, I feel threatened.  
 My abilities determine everything.

Created by: Reid Wilson @wayfaringpath © 2015 Icon from: thenounproject.com


FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> <li>SOMETHING YOU'RE BORN WITH</li> <li>FIXED</li> </ul>	SKILLS	<ul style="list-style-type: none"> <li>COME FROM HARD WORK.</li> <li>CAN ALWAYS IMPROVE</li> </ul>
<ul style="list-style-type: none"> <li>SOMETHING TO AVOID</li> <li>COULD REVEAL LACK OF SKILL</li> <li>TEND TO GIVE UP EASILY</li> </ul>	CHALLENGES	<ul style="list-style-type: none"> <li>SHOULD BE EMBRACED</li> <li>AN OPPORTUNITY TO GROW.</li> <li>MORE PERSISTANT</li> </ul>
<ul style="list-style-type: none"> <li>UNNECESSARY</li> <li>SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH</li> </ul>	EFFORT	<ul style="list-style-type: none"> <li>ESSENTIAL</li> <li>A PATH TO MASTERY</li> </ul>
<ul style="list-style-type: none"> <li>GET DEFENSIVE</li> <li>TAKE IT PERSONAL</li> </ul>	FEEDBACK	<ul style="list-style-type: none"> <li>USEFUL</li> <li>SOMETHING TO LEARN FROM</li> <li>IDENTIFY AREAS TO IMPROVE</li> </ul>
<ul style="list-style-type: none"> <li>BLAME OTHERS</li> <li>GET DISCOURAGED</li> </ul>	SETBACKS	<ul style="list-style-type: none"> <li>USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.</li> </ul>

# What is a Growth Mindset?


## Changing Our Mindset

Carol Dweck, world-renowned Stanford University psychologist, talks about the power of our mindset or our beliefs (especially around challenge). We can either have a Fixed Mindset where we let failure (or even success) define who we are, or a Growth Mindset where we see setbacks as opportunities to grow and improve ourselves. Just like how we learned how to walk... there are many stumbles along the way, but to reach our potential and live the life we desire, it takes practice and perseverance. We always have a choice about which view we adopt for ourselves... and it's never too late to change. What's your view?

*It's up to you!*



**FIXED MINDSET**  
Belief that my intelligence, personality and character are carved in stone; my potential is determined at birth



**GROWTH MINDSET**  
Belief that my intelligence, personality and character can be developed! A person's true potential is unknown (and unknowable).

	FIXED MINDSET	GROWTH MINDSET
<b>DESIRE</b>	Look smart in every situation and prove myself over and over again. Never fail!	Stretch myself, take risks and learn. Bring on the challenges!
<b>EVALUATION OF SITUATIONS</b>	Will I succeed or fail? Will I look smart or dumb?	Will this allow me to grow? Will this help me overcome some of my challenges?
<b>DEALING WITH SETBACKS</b>	"I'm a failure" (identity) "I'm an idiot"	"I failed" (action) "I'll try harder next time"
<b>CHALLENGES</b>	Avoid challenges, get defensive or give up easily.	Embrace challenges, persist in the face of setbacks.
<b>EFFORT</b>	Why bother? It's not going to change anything.	Growth and learning require effort.
<b>CRITICISM</b>	Ignore constructive criticism.	Learn from criticism. How can I improve?
<b>SUCCESS OF OTHERS</b>	Feel threatened by the success of others. If you succeed, then I fail.	Finds lessons & inspiration in other people's success.
<b>RESULT...</b>	Plateau early, achieve less than my full potential.	Reach ever-higher levels of achievement.

<https://www.pinterest.com/pin/286119382551744533/>

## HOW TO USE GROWTH MINDSET.

### What can I say to Myself ?

<b>INSTEAD OF</b>	<b>TRY THINKING</b>
I'm not good at this	What am I missing ?
I'm awesome at this	I'm on the right track!
I give up	I'll use some of the strategies we have learned
This is too hard	This may take some time and effort.
I cant make this any better	I can always improve so I keep trying.
I just cant do Maths	I going to train my brain in Maths
I made a mistake.	Mistakes help me to learn better
He /She's so smart, I will never be smart.	I'm going to figure out how he/she does it , so I can try it with some more effort !
It's good enough	Is it really my best work ?
Plan A didnt work	Good thing - the alphabet has 25 more letters!

<https://www.teacherspayteachers.com/Product/HOW-TO-USE-GROWTH-MINDSET-1902854>