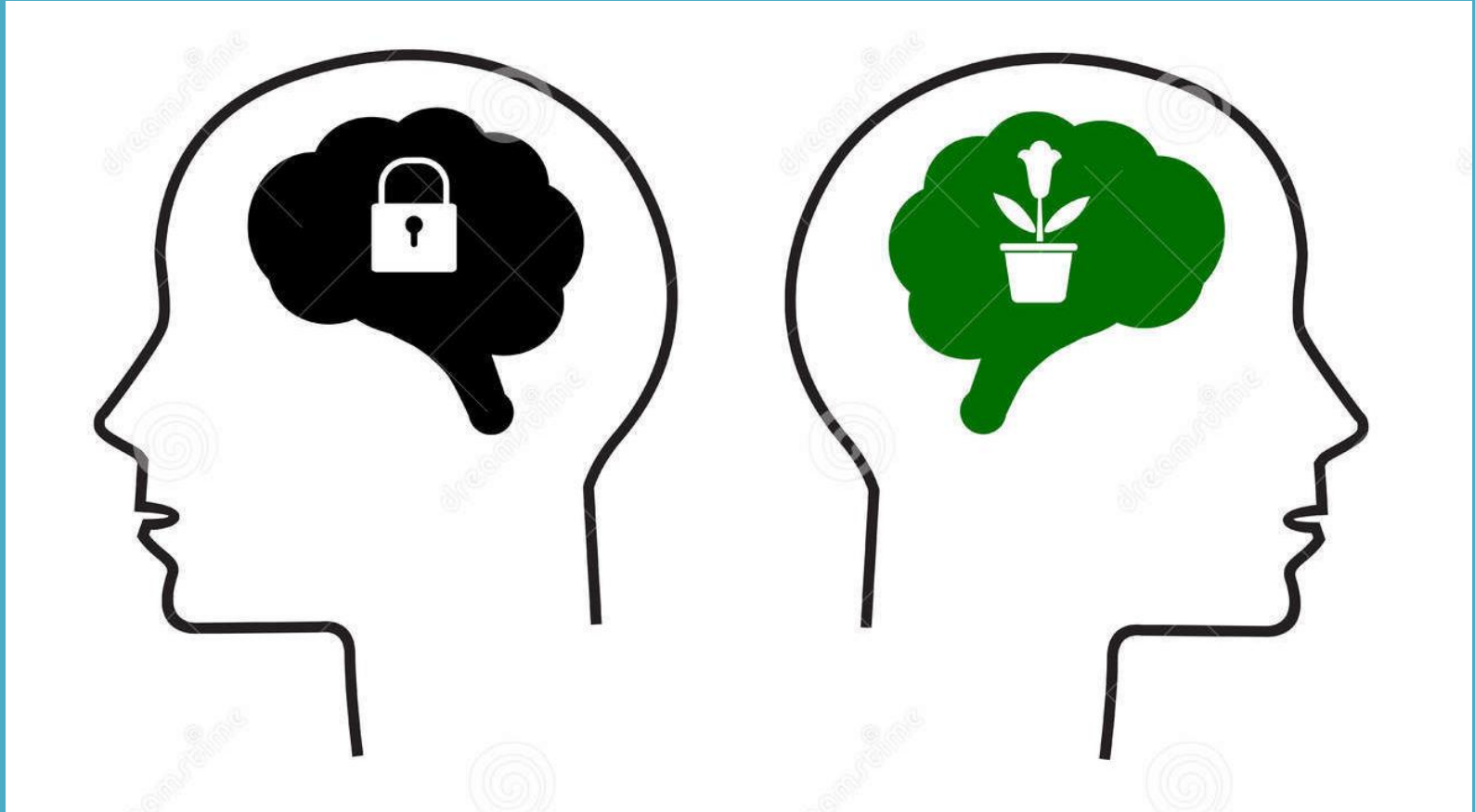


Growth Mindset



There are 2 types of mindsets...



Fixed Mindset

Growth Mindset

What is the difference between a **fixed mindset** and a **growth mindset**?



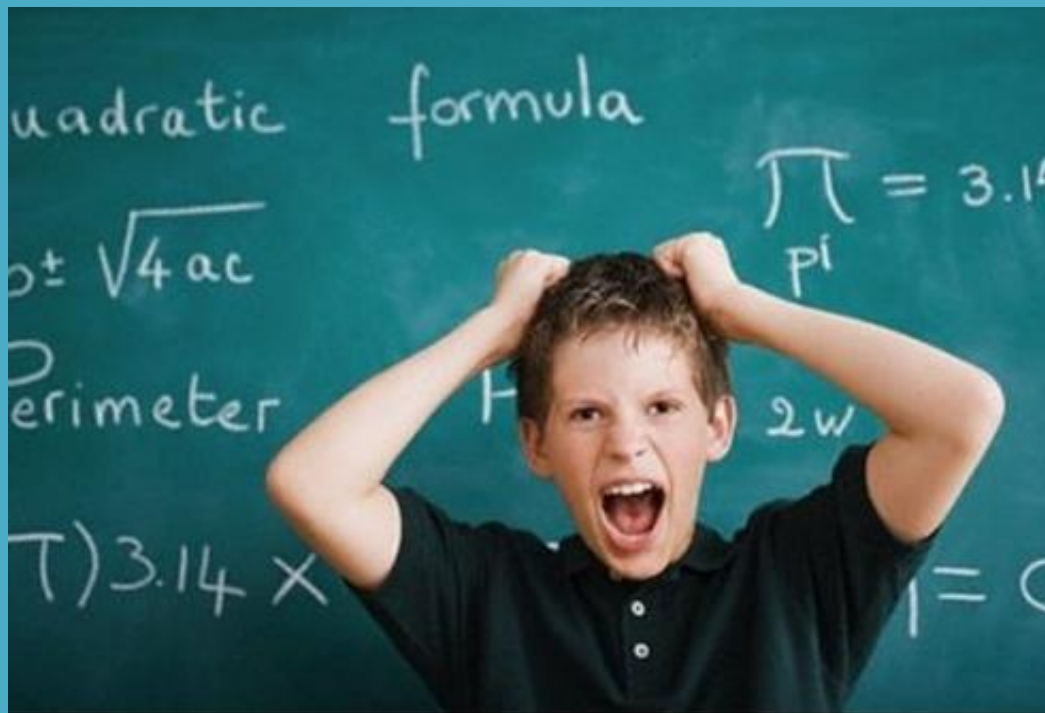
People who have a **fixed mindset** believe that a person is **born** either smart, average, or dumb - and stays that way for life; they can't change that.

They believe that if a person is talented in art, that that person doesn't have to work hard at creating art.



They believe that
talent alone creates success—without
effort.

A person with a **fixed mindset** believes that if you learned how to do a math problem, it's because you were smart enough to do it. That if you didn't learn how to do it the first time, you'd never be good at it because you just aren't smart enough.



They are more likely to cheat on a test. They do this because they don't want people to think that they aren't smart enough (which is what they, themselves, believe).



They don't tend to study for quizzes or tests because they don't believe it will make them any smarter.



Now you know what a **fixed mindset** is.
So, how is a **growth mindset** different?



Well, in a **growth mindset**, people believe that their most basic abilities can be *developed* through dedication and hard work—brains and talent are just the starting point.



A person with a **growth mindset** believes that if you didn't learn how to do a math problem the first time, that you would get much better at it with time, practice, and effort.



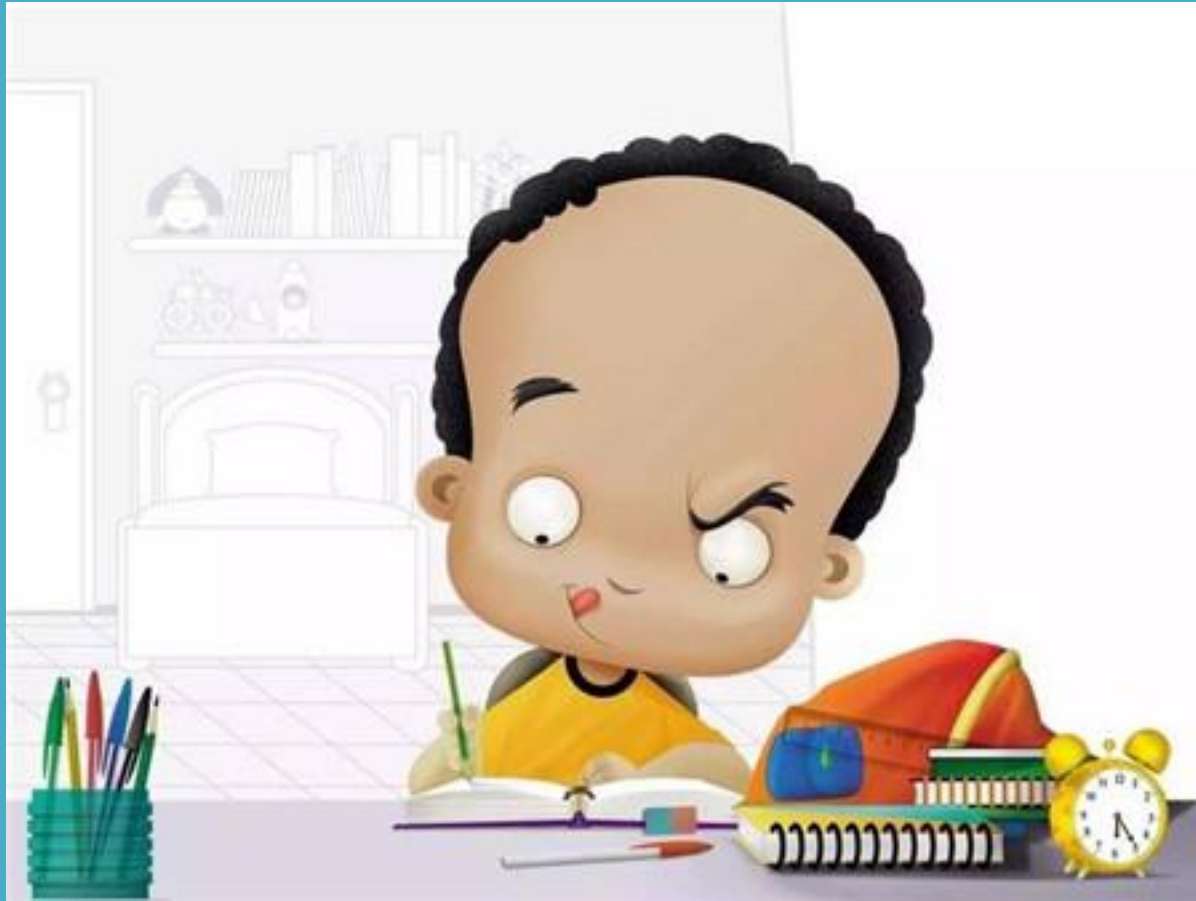
People with a **growth mindset** want to learn and don't give up just because something is hard.

“Never, never, never give up.”

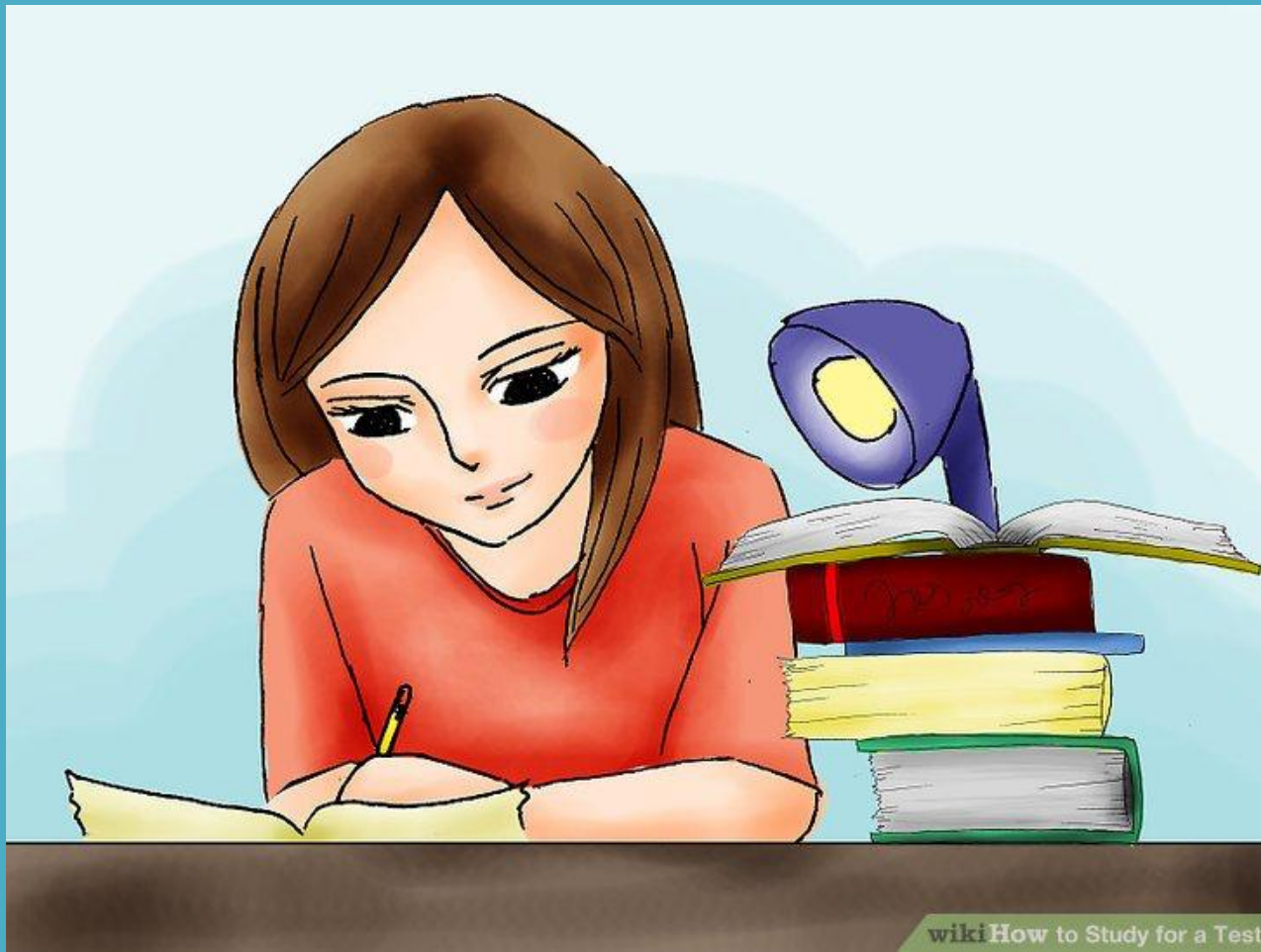
- Winston Churchill
Great Britain prime
minister during WWII




They tend to study for tests because they believe with effort, they can succeed.



They believe that if they don't do well on something, that that just means they need to work a little harder at it.



Growth Mindset:



"Fall seven times,
stand up eight." ~

~ Japanese Proverb

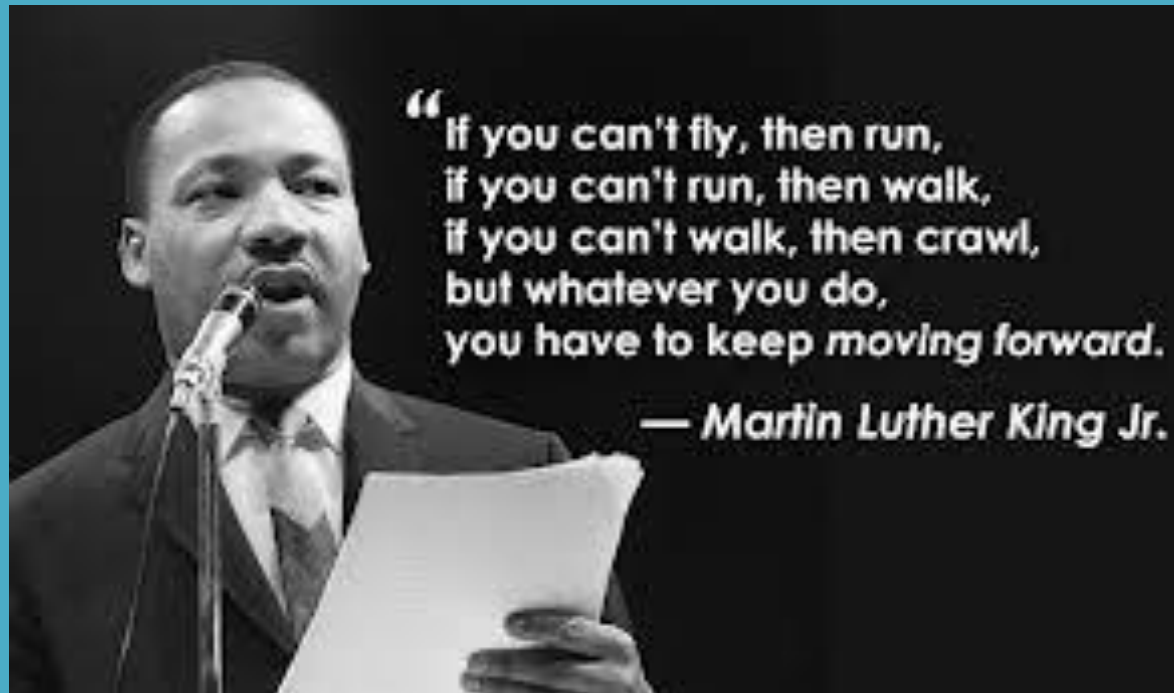
Growth Mindset:

*not giving up....even
when it's hard*

Growth Mindset:

I MAY NOT
BE THERE YET
BUT I'M CLOSER
THAN I WAS
YESTERDAY

Growth Mindset:



Virtually all great people have had a growth mindset. A growth mindset is essential for great accomplishments.

The video on the link below is of Michael Jordan, one of the most successful basketball players ever:

<https://youtu.be/4Uugz5Y7u6M>

Watch this video on famous people
who failed at first:

<https://youtu.be/zLYECIjmnQs>

What did these people have in common?

They all had a growth mindset. They did NOT give up.

What is the definition of the
word “fail”?

“Fail” means the opposite of
succeed, but it can also stand for...

First
Attempt
In
Learning

Michael Jordan on failure:

<https://youtu.be/CgW48mBQJ14>

Growth Mindset:

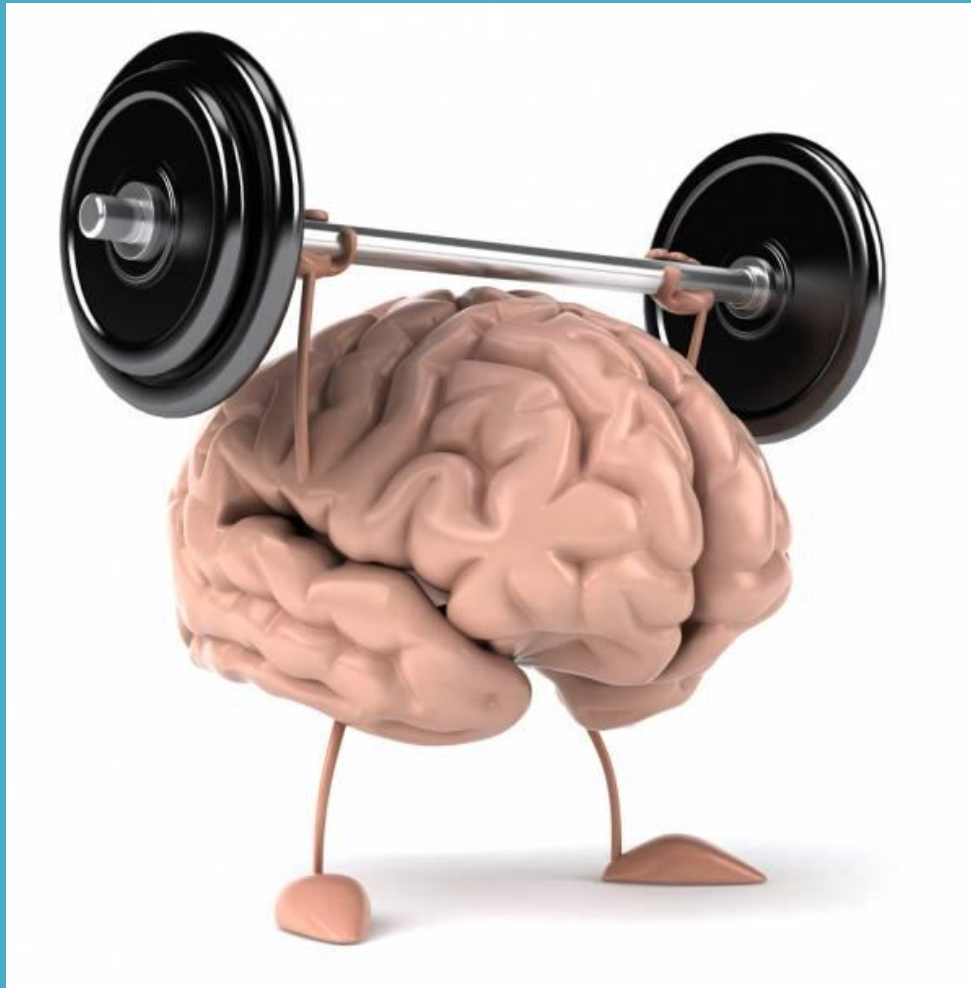
“People may start with different [abilities], but it is clear that **experience, training, and personal effort** take them the rest of the way.”

- Robert Sternberg
Author of “Successful
Intelligence”

People who have a **fixed mindset** believe the brain is either smart, average, or dumb. They believe you're stuck with the brain you've got, and there's nothing you can do about it.

BUT...

...now research shows that the brain is more like a muscle - it changes and gets stronger when you use it.



So, how does your brain become stronger and more intelligent? By exercising your brain's neurons!



Neurons are what we call the cells in your brain. Neurons send and retrieve information through **electricity** (yes, there are small electrical pulses in your body.) Watch this short video on what neurons do:

<https://youtu.be/vyNkAuX29OU>

Neurons in our brains:



Newborn



1 Month



9 Months

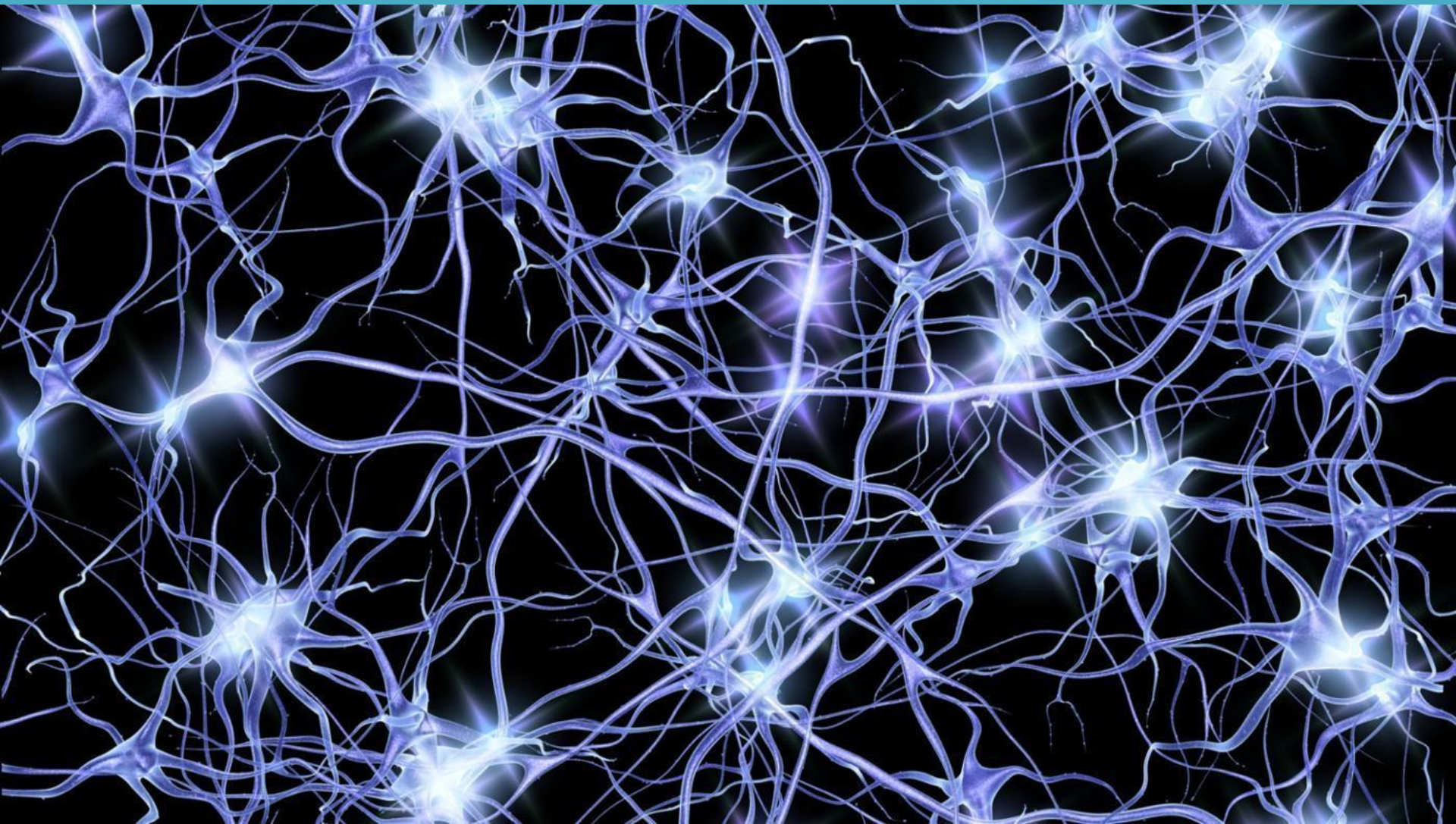


2 Years



Adult

Every day, new neurons are being
formed in your brain.



This is why you can continue to learn
well into your old age.



But, if you don't use these new
neurons, they will DIE.



People with a **growth mindset** take advantage of these new neurons. They continue to learn and challenge themselves their entire lives, becoming **smarter** and **wiser** the older they get.



The passion for stretching yourself,
even when it's not going well, is the
hallmark of the growth mindset.



**Have patience.
All things are
difficult before
they become easy.**

Saadi

The **growth mindset** is the mindset that allows people to ***thrive*** during some of the most challenging times in their lives.



Do you have a **fixed mindset** or a
growth mindset?



If your answer was “fixed mindset”,
let's go back in time...

When you were a baby, you had a
growth mindset.



From the time you were born, you began learning. You learned to sit up, crawl, walk, talk, drink from a straw, feed yourself, and MUCH, MUCH more!



These things were difficult to do, but you didn't give up! Over time, you mastered them because you kept trying and working hard (because you had a **growth mindset**)!



So, when things get **hard** and **difficult**,
remember that it's these times that
your brain is actually getting **stronger**!

Never, never, never give up!



So, if you don't understand something now, know that you will get it at some time in the future (as long as you keep trying!)

You



“It’s not always the people who start out the smartest who end up the smartest.”

-Alfred Binet
Inventor of the
IQ test



How can you become the best you you
can be? Watch this video:

https://youtu.be/altZKnWL_R4

Change your words, change your mindset:

Fixed Mindset

I'm not good at
this.

Growth Mindset

What am I
missing?

Change your words, change your mindset:

Fixed Mindset

This is too hard.

Growth Mindset

This may take
some time and
effort.

Change your words, change your mindset:

Fixed Mindset

I'm awesome at
this!

Growth Mindset

I'm on the right
track.

Change your words, change your mindset:

Fixed Mindset

It's good enough.

Growth Mindset

Is this really my
best work?

Change your words, change your mindset:

Fixed Mindset

I'll never be as smart as her.

Growth Mindset

I'm going to figure out what she does and try it.

Change your words, change your mindset:

Fixed Mindset

I made a mistake.

Growth Mindset

Mistakes help me
improve.

Change your words, change your mindset:

Fixed Mindset

I can't do math.

Growth Mindset

I'm going to train
my brain in math.

Change your words, change your mindset:

Fixed Mindset

I can't make this
any better.

Growth Mindset

I can always
improve. I'll keep
trying!

Change your words, change your mindset:

Fixed Mindset

I give up.

Growth Mindset

I'll use some of the
strategies I've
learned.

Now, get started becoming more
awesome than you were yesterday!
And, keep a **growth mindset**!

