



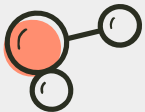
Being a Lifelong Learner with Growth Mindset



Introduction

Hi everyone
I'm Budi

Educator



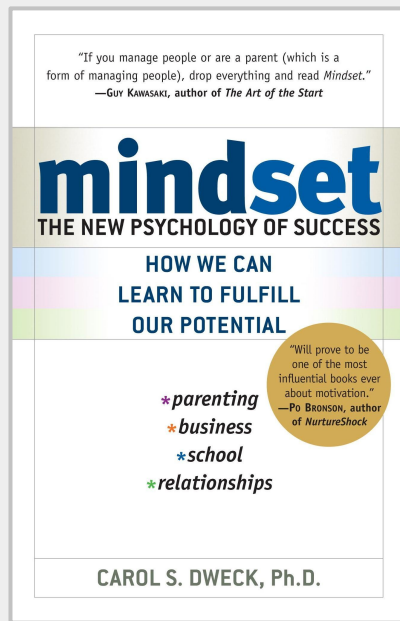
@belajaridn
@boedybios

What is Growth Mindset?

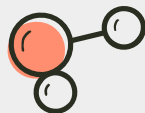


Carol Dweck

Professor of Psychology at
Stanford University



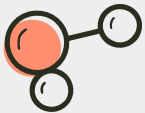
- Mindset: The New Psychology of Success (2006)
- Widely adopted in many tech companies (Google 2015)



Disclaimer

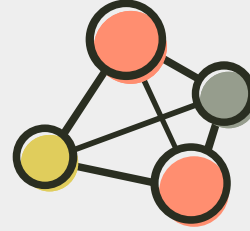
I am not
a psychologist
nor a growth
mindset expert

I am still
in my journey
practicing growth
mindset

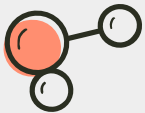


Back ground Story

Stages of Typical Learning



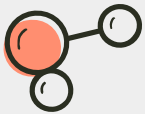
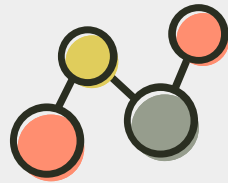
1. Start with enthusiasm
2. Encounter difficulties
3. Start to feel incompetent
4. Maybe I am not talented enough
5. Giving up
6. GOTO 1





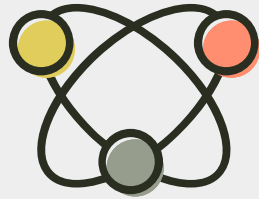
The Big Question

How to
become
a Lifelong
Learner?



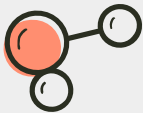


Some Efforts



Self Esteem Movements

- Starts in the early 1990s
- We were told to tell everyone how great and talented they are
- Result & Metric oriented
- Reward era: Badges, Certificates, Titles, Stars, Stickers



Mindset & Intelligence

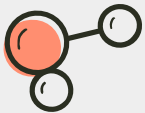


1. **Fixed Mindset:**
Intelligence is a fixed trait

2. **Growth Mindset:**
Intelligence can be
developed

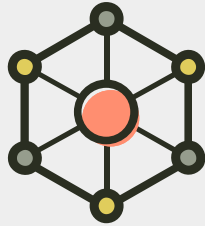
PS: We are all a mixture

Mindset is
the way
we perceive
the world
around us &
how we behave
towards life

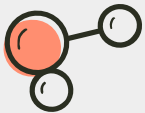




Fixed Mindset

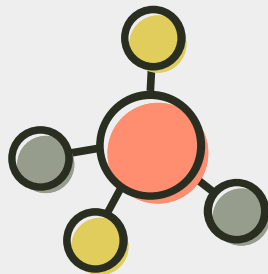


- I can't do it
- I am just born this way
- Avoiding challenges
- Run from difficulties
- Don't mind to do trivial & repetitive works

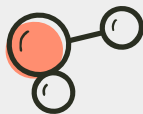


The Draw back

of Fixed Mindset

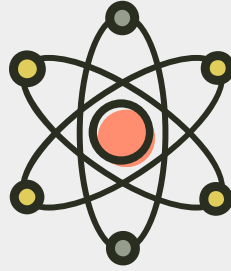


- Treat metrics as objectives
- Will do anything to look better
- Desire of Cheating & Deception
- Vulnerable to stereotype
- Insecure

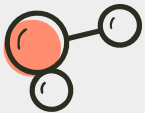




Growth Mindset



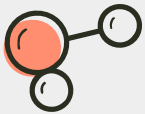
- Life is a great big adventure
- Obstacles we encountered would only make us stronger
- Failure is a normal part of our journey
- Challenges and mistakes help us learn
- We enjoy the challenges we have and become more resilient
- I want to become my best self



Things to do



- I don't understand it, **yet**
- Difficulty just meant **not yet**
- See challenges as **adventures**
- If we **work hard**, we will have **progress**
- Don't worry about **mistakes**, they are **part of life** and we can learn from them

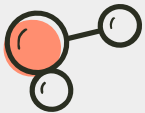
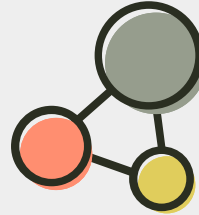


Things to be aware

How is my
Feeling when



1. Facing a big challenge
2. Receiving criticism
3. Finding other that can do better



We were Born

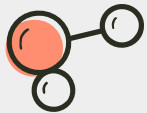
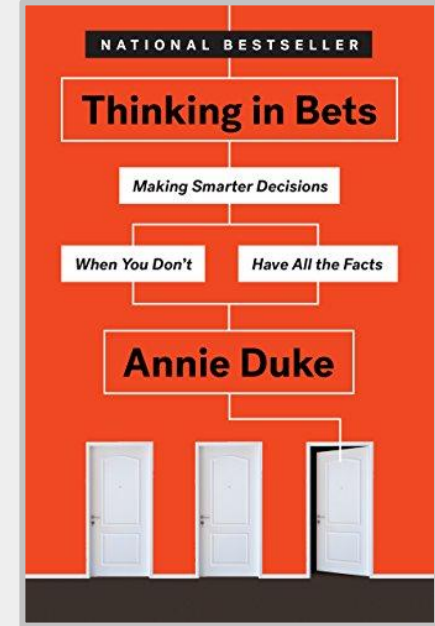
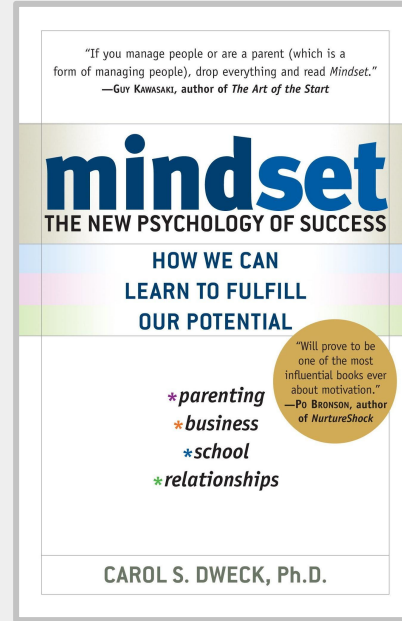


As a Learner

- We walks on two feets
- We speak



Reading Recommendation



THANKS!

Be Mindful & keep Growing :)



@belajaridn

@boedybios