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# Growth Mindset



Byung Joo Shin

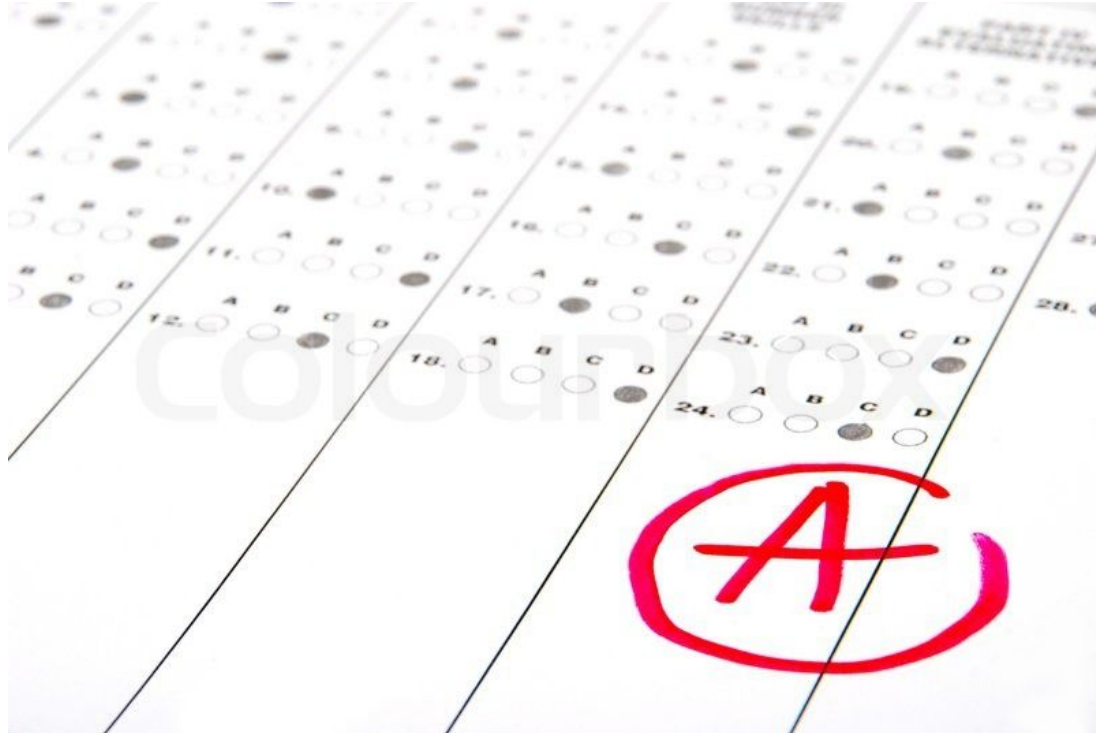
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# Intelligence



# Tests



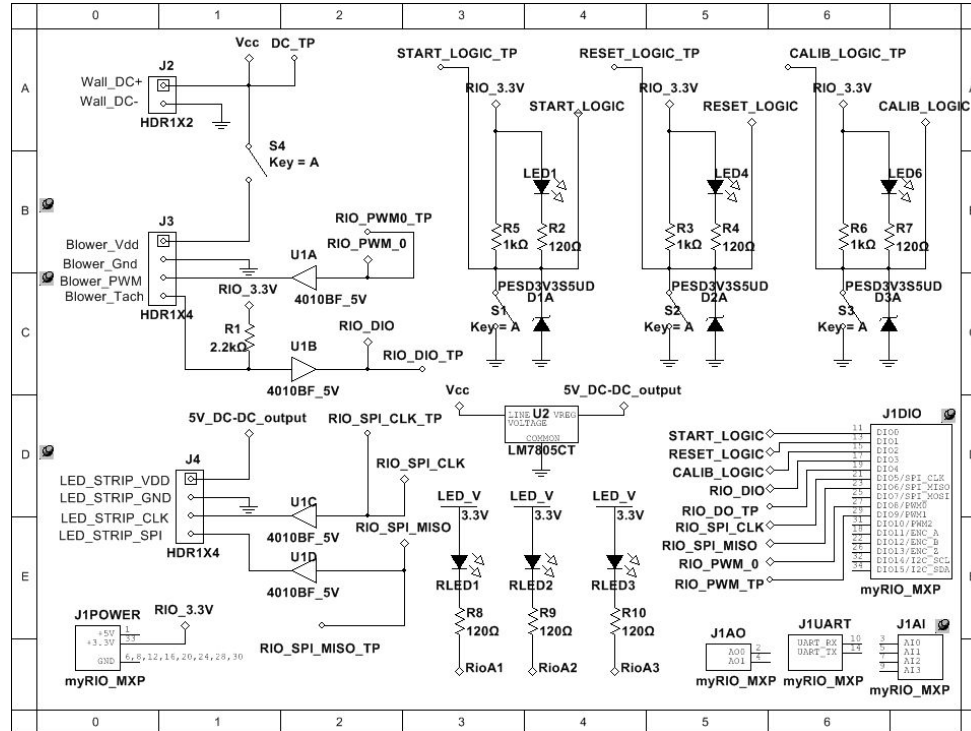
# Which one are you?



OR



# Look at this!



# Growth vs. Fixed

**Growth:** We can always improve our intelligence and abilities.

**Fixed:** Intelligence and abilities are limited since our birth.

# Growth vs. Fixed Mindset

Fixed Mindset	Growth Mindset
Intelligence is static.	Intelligence can be developed.
Leads to a desire to <i>look smart</i> and therefore a tendency to	Leads to a desire to <i>learn</i> and therefore a tendency to
<ul style="list-style-type: none"><li>• avoid challenges</li></ul>	<ul style="list-style-type: none"><li>• embrace challenges</li></ul>
<ul style="list-style-type: none"><li>• give up easily due to obstacles</li></ul>	<ul style="list-style-type: none"><li>• persist despite obstacles</li></ul>
<ul style="list-style-type: none"><li>• see effort as fruitless</li></ul>	<ul style="list-style-type: none"><li>• see effort as path to mastery</li></ul>
<ul style="list-style-type: none"><li>• ignore useful feedback</li></ul>	<ul style="list-style-type: none"><li>• learn from criticism</li></ul>
<ul style="list-style-type: none"><li>• be threatened by others' success</li></ul>	<ul style="list-style-type: none"><li>• be inspired by others' success</li></ul>

# Evidence?



# Evidence: 5th Grade Students



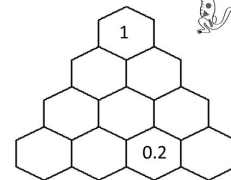
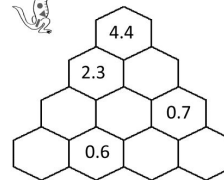
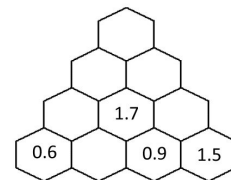
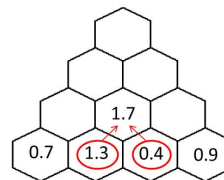
Name \_\_\_\_\_

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## SALLY'S HEXAGON NUMBER PUZZLE 5



Each hexagon is made by adding up the numbers in the two hexagons below it. Fill in the missing numbers in these puzzles.



Can you find 3 different solutions for the last example?



Free Math Sheets, Math Games and Math Help

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# 5th Grade Students

## Fixed Group

- “I was never good at this stuff”
- Give up.

## Growth Group

- “Oh, boy I love a good challenge!”
- “I’m going to slow down and figure this out!”
- “I was hoping this would be informative”

# Evidence: Transition from E to M

- Math performance of 373 Students
- Separated by survey
- Two years



# Evidence: The Athlete



# Jerry Rice

- **Most career games played by a position player- 303**
- **Most career Receiving Yards- 22,895**
- **Most career Receptions- 1,548**
- **Most career Touchdown Receptions- 197**
- **Most career Yards from Scrimmage- 23,540 (22,895 receiving, 645 rushing)**
- **Most career Touchdowns from Scrimmage- 207 (197 receptions, 10 rushing)**
- **Most career All Purpose Yards- 23,546 (22,895 receiving, 645 rushing, 6 kick returns)**
- **Most career All Purpose Touchdowns- 208 (197 receptions, 10 rushing, 1 fumble)**
- **Most 1,000 yard seasons by a receiver- 14**

# Jerry Rice

“ I always gave 100% and never wanted anything to be handed to me. I wanted to earn it. And every time I stepped on that football field during practice I wanted to leave that football field with learning something about what the practice was about for me that day. When you look at it, nothing can top hard work.”

## Evidence 4



# Results



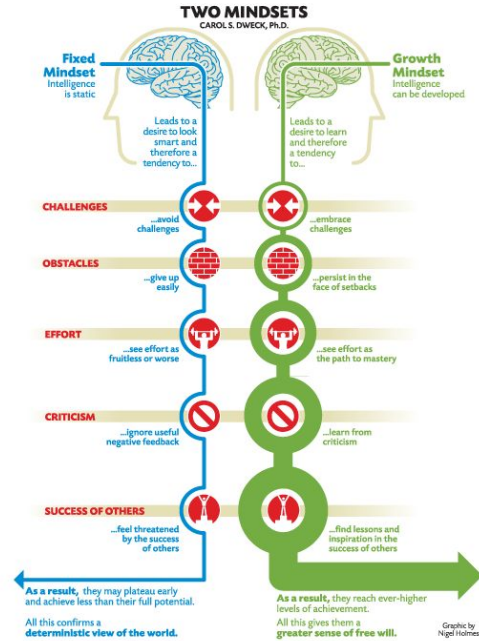


Okay, we  
understand... How  
do we get it??!

# Byung's Guide to Obtain and Maintain a Growth Mindset



# Adoption and Maintenance



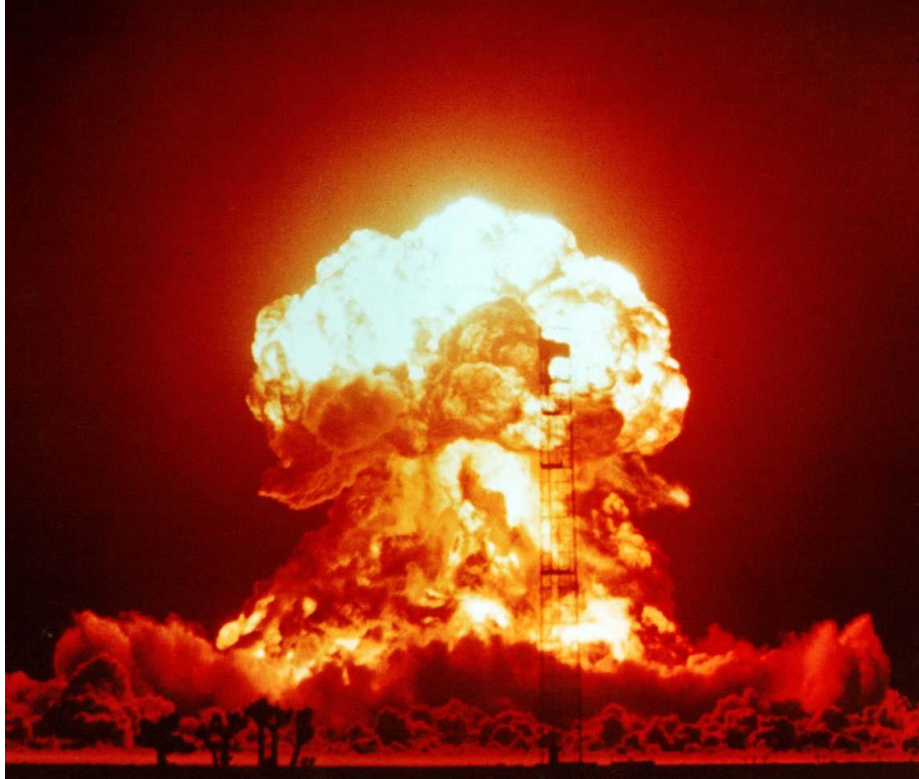
## |The Creed

1 Persistence is the best and only factor in anything. It's the thing a

7. **Smile at the stress and challenge. Thrive. LIVE IT. PUNCH IT.**

8 | Universal currency of time

**Boom!**



# Recovery Strategy

1. Know the mindsets.
2. Identify the tilt.
3. Break out of the loop.

# 1. Know the two mindsets



## 2. Identify the tilt.

Dr. Martin Seligman (optimism expert), negativity comes in three forms:

Permanence - "I've never had any talent."

Pervasiveness - "I failed my exam. My college career is over. My life is over."

Personalization - "This is all my fault. I'm a failure"



### 3. Don't get sucked into the loop

- Start counting negative thoughts- keep track.
- Tell yourself something outloud to prevent yourself from getting sucked in.
- Counter your negative responses.

# Countering your Negativity

You don't have talent. You never did.

**Screw talent. If I don't have it now, fine. I'll get some.**

I suck at life. I failed my test. I'm bad at everything else.

**I accept the consequences. I accept my crappy grade.  
What did I do wrong? I can do better next time. I'll recover.  
I'll learn from this. This is my weak spot, and I can fix it!**

This is all my fault. I'm a failure.

**I'll pick myself up. I won't be a failure for long. Not who I am.  
Watch out world!**

# Back to the Past

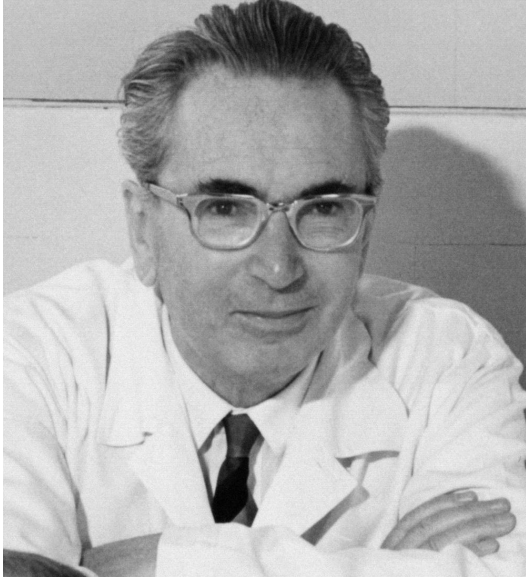
August 2011 - July 2012



## Concluding Thoughts

**Change does not  
happen overnight**

# *Man's Search for Meaning, Viktor Frankl*



# Inspirational Quote

“We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms -- to choose one's attitude in any given set of circumstances, to choose one's own way.”

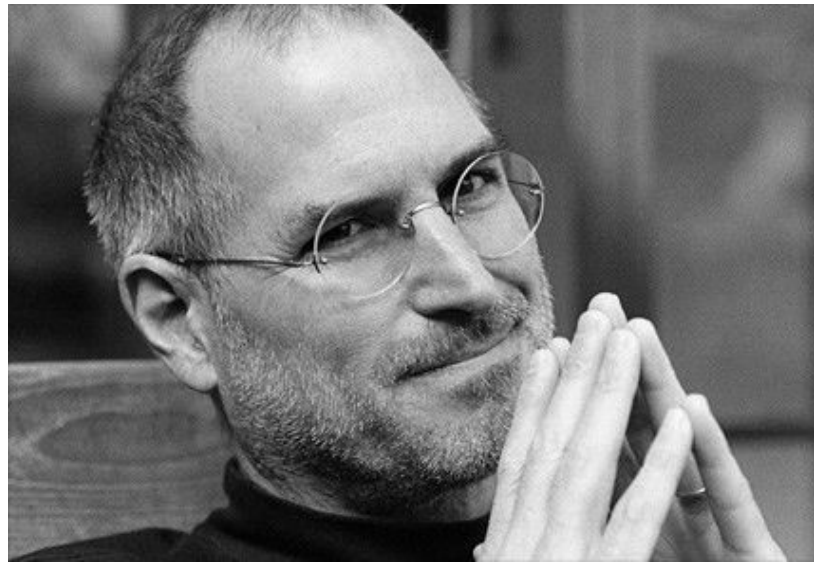
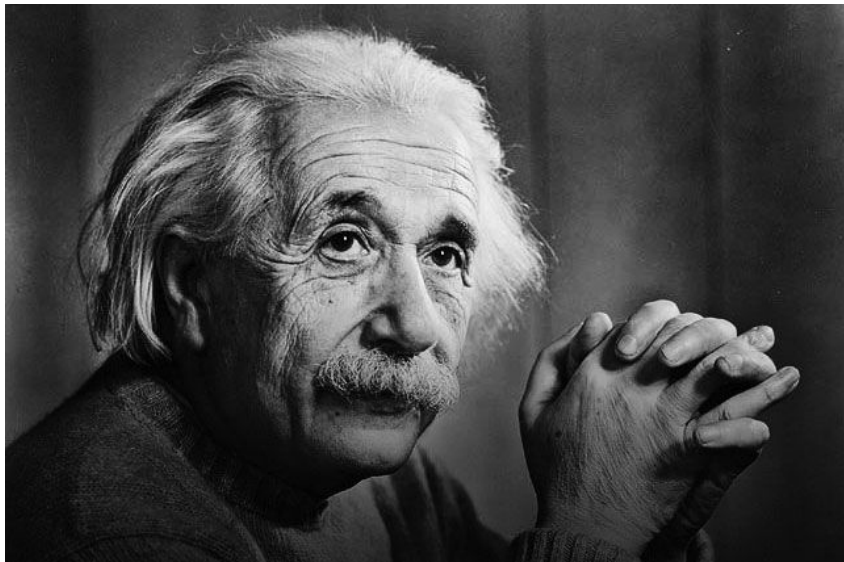
### Study 3: The British research

33 British students.

9% of students had increase in IQ of 15 or more points.

One student went from 107 to 128 (68th to 97th percentile)

But it's unlikely that..





# Transition from Elementary School to Middle School

- 373 Students were monitored.
- Transitioning to junior high school
- Surveys measured attitudes towards math.
- “Your intelligence is something you can’t change.”

# Which is more true?

1. You can learn new things, but you can't change how intelligent you are.
2. No matter how much intelligence you have, you can always get more.