

Growth Mindset Activity – In Class

| Fixed Mindset | <i>Why do they not work to develop a Growth Mindset?</i> | Growth Mindset (What could you say instead?) |
|---|---|--|
| 1. “Great job! This is so easy for you.” | It’s assuming that because the outcome is good, it must not have taken much effort. Equates the easy look of the outcome with natural talent. | I can tell you worked really hard on this. |
| 2. “This is a really difficult concept; it may not be your thing.” | It assumes that because something is difficult, the person may not be capable of achievement. | “This one might challenge you, it is known to trip people up.” |
| 3. “I am no good at writing; I just don’t get it.” | It assumes that the person’s current skill level dictates the person’s ability to comprehend or learn. | “This is hard for me, it makes me feel incapable of getting it.” |

| | | |
|---|--|--|
| 4. “You are a natural at math.” | It assumes math is an inherent skill that can’t be practiced, learned, or gotten-better-at. | “You must have practiced your math!” |
| 5. (Your Own) I’m not good enough to complete university or college degree. I’m a failure. | It assumes my past failures are an intrinsic part of my soul and that the future will always follow the same course no matter what I do differently to affect the outcome. | I’ve failed before, but this time, I’m going to do what it takes to succeed. |

Once you have completed your chart, please upload it to DC Connect under “Grades” and then “Growth Mindset Resiliency (In-class).”