



## Growth Mindset

### Materials:

- Worksheet
- Computers and Internet access for each student

### Brainstorm

Have you ever heard of the term “growth mindset” before? What does it mean? What do you know about having a growth mindset?

### Discuss

Some people think that you are born with all the talent and skills. And while genes may have something to do with it, you can get better at the things you struggle with when you practice and try harder. Can you think of anyone you know who overcame obstacles to become successful at something? Accept student responses and confirm or ask clarifying questions as needed.

### Dive in!

The concept of fixed and growth mindsets was developed by a psychologist named Carol Dweck. She describes a fixed mindset as believing that we inherit our intelligence and abilities and there's nothing we can do to change how smart, creative, or athletic we are. She describes a **growth mindset** as believing that we can develop skills and qualities through hard work and effort. When we have a growth mindset, we believe that failure and challenge are opportunities to learn. People with a growth mindset believe that outcomes are a result of their efforts, and they can improve upon their weaknesses. People who have a fixed mindset believe that they can't change their weaknesses. Research shows that having a growth mindset can help you in many ways. People with a growth mindset reach goals, have lower levels of stress and report higher levels of motivation and perform better than those with a fixed mindset. How could having a growth mindset help you in school? Accept student responses. Explain: Students who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. Did you know that mental exercise can actually make your brain grow smarter—the same way that exercise makes an athlete stronger! Let's learn how!



## High School

### Activity

Have students take the brief quiz at: [blog.mindset works.com/what's-my-mindset?view=quiz](https://blog.mindsetworks.com/what's-my-mindset?view=quiz) to discover whether they have a fixed or growth mindset. When students have received their results, explain: If you already have a growth mindset, excellent! If you have a fixed mindset or are somewhere in between, don't worry. Many students your age fall into this category. You care about performing well and you want to learn, but you might feel discouraged when you perform poorly. This is OK! The important thing to know is that you can change your mindset. We'll learn about how to move toward a growth mindset. Distribute copies of the worksheet to students. Review each of the strategies and then have them respond to the Growth Mindset steps independently.

### Reflect

When students are done, wrap up the lesson by having them respond to the prompt at the bottom of the page: Which strategy are you most likely to use to help improve your growth mindset? Why? If time permits, call on student volunteers to share their responses.

### For Further Study

- Khan Academy, The Truth About Your Brain: [www.khanacademy.org/college-careers-more/learnstorm-growth-mindset-activities-us/high-school-activities](https://www.khanacademy.org/college-careers-more/learnstorm-growth-mindset-activities-us/high-school-activities)
- Transforming Education, What is Growth Mindset and Why is it Important? [transformingeducation.org/resources/growth-mindset-toolkit/](https://transformingeducation.org/resources/growth-mindset-toolkit/)
- Mindset Works, Free Resources: [www.mindsetworks.com/free-resources/default](https://www.mindsetworks.com/free-resources/default)

### Professional Development

Research shows that a teacher's mindset has a direct impact on the outcomes of their students. Take a moment to take a free 8-question assessment from Mindset Works to learn what your mindset is. You can find it at

[blog.mindsetworks.com/what-s-my-mindset?view=quiz](https://blog.mindsetworks.com/what-s-my-mindset?view=quiz).

Then, reflect on the findings of the quiz. Do you have a fixed or growth mindset? Are you satisfied with the outcomes of the assessment?