


# Linking Mindset to Daily Practice

Extending Mindset Works in the classroom

# Purpose

- ▶ Extending Growth Mindset beyond the Welcome Back Keynote
  - ▶ Providing rationale for utilizing Growth Mindset within instruction
  - ▶ Providing Teachers with practical strategies for implementing Growth Mindset into daily practice
  - ▶ Building Better Brains
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# Review of Growth vs Fixed Mindset

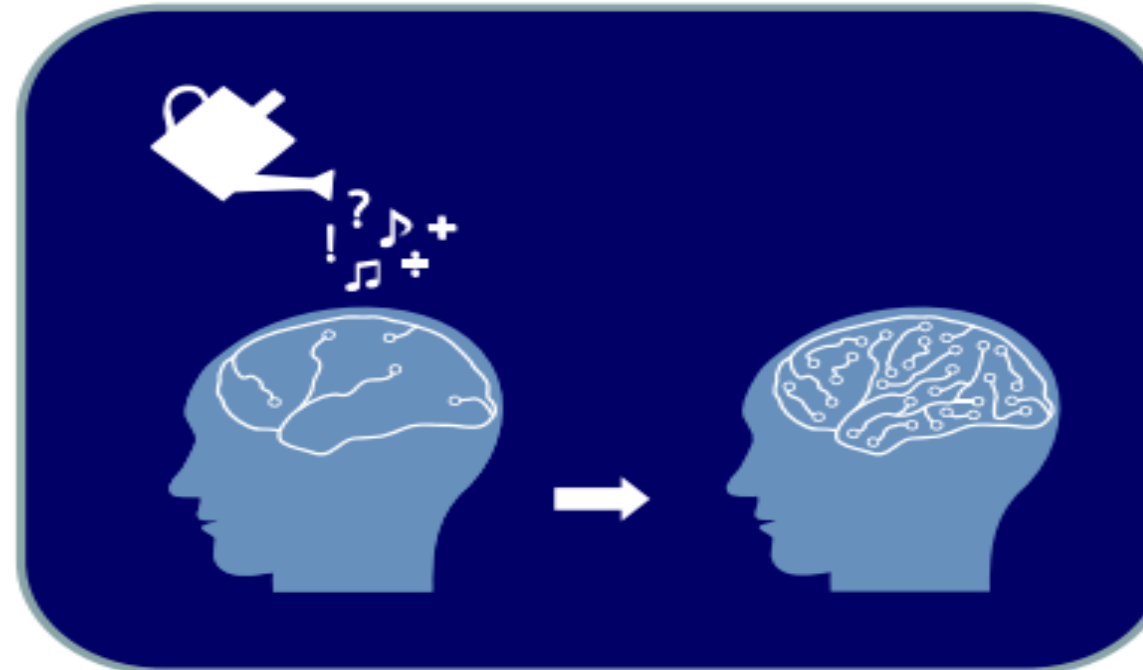
## Fixed Mindset

Intelligence (or an ability) is a  
fixed trait



## Growth Mindset

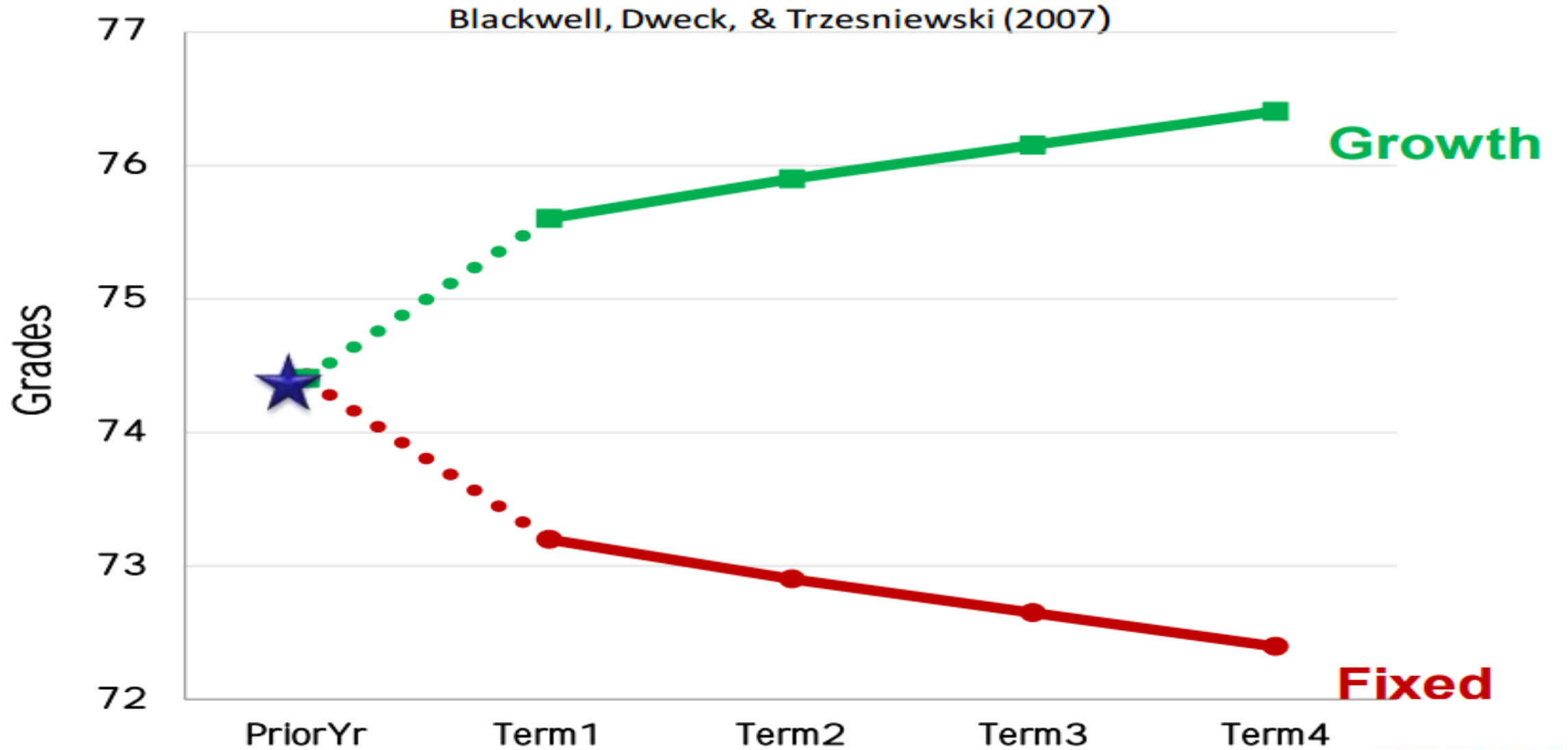
Intelligence (or an ability) can  
be developed



# Elements of a Growth Mindset

Elements	FIXED	GROWTH
Challenges	Avoid	Embrace
Obstacles	Give up	Persist
Effort	Fruitless	Valued
Criticism	Dismiss	Utilize
Success of Others	Threatened	Inspired

# How does this apply to you and your Teaching Impact on Achievement



# How to Grow a Mindset in Students

Research shows...

- ▶ Teaching students about the concept of Growth Mindset is critical but to maximize the impact of Growth Mindset on achievement:
  - Growth Minded behaviors MUST be **Modeled** by all staff
  - Students MUST be provided with **Strategies** for ‘growing their brains’
  - Teachers MUST provide a **Risk free environment** for students to “grow”
    - Feedback
    - Opportunities
    - Equity/Access

# Modeling Growth Minded Behaviors

- ▶ What do students /parents see in our school?
  - Open and transparent communication
  - Collaboration and support
  - High expectations and common goals
  - Focus on growth for everyone
  - Motivation to learn, improve and overcome challenges

# Strategies to Develop the Brain

Exercise



9-10 hours  
of sleep



Calming  
Strategies



Eat  
Right



# Feedback –the key to a RISK Free Environment

“Feedback is **not about praise or blame, approval or disapproval.**

That’s what evaluation is – placing value.

Feedback is value–neutral. It *describes* what you did and did not do.”

~ Grant Wiggins

*PROVIDES...*

*the process of helping our students assess their performance, identify areas* where they are right *on target* and provide them tips on *what they can do in the future to improve* in areas that need correcting.”

# Effective Feedback answers 3 questions

## 1) Where am I going?

– a student has a clear understanding of the desired goal, a vision of the target

## 2) How am I going?

– a student is given frequent and descriptive information about his present position in relation to that goal

## 3) How can I close the gap?

– a student is given guidance on how to close the gap between where he is going and how he is going to get there



# So How Can You Help Your Students Grow their Mindset??

*Building a better brain!*



PRIMARY



MIDDLE GRADES



HIGH SCHOOL



# Website contains. . .

- ▶ Three Levels—
  - Primary—Preschool –2 /3 Grade
  - Middle Grades—3–8<sup>th</sup> Grade
  - High School—9–12<sup>th</sup> Grade
- ▶ Overview—General information and detailed lesson plans
- ▶ PowerPoints—ONE PPT and resources for each lesson
- ▶ Resources—Additional resources for extension activities
- ▶ All Lessons are intended to be delivered in 5–10 minutes  
(Of course if you include the extension they may last longer)

# Did it work??

- ▶ YES!!!
- ▶ What did TIP teachers say. . .
  - Begin the year with Building Better Brains
  - Provide Multiple opportunities to connect the content to all aspects of your instruction
  - Remember that the more experiences students have (Growth or Fixed) the more challenging it will be for them to change ---

**BE PATIENT and PERSEVERE**

