

Developing a Growth Mindset Classroom: Communicating a Growth Mindset

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January 22, 2015



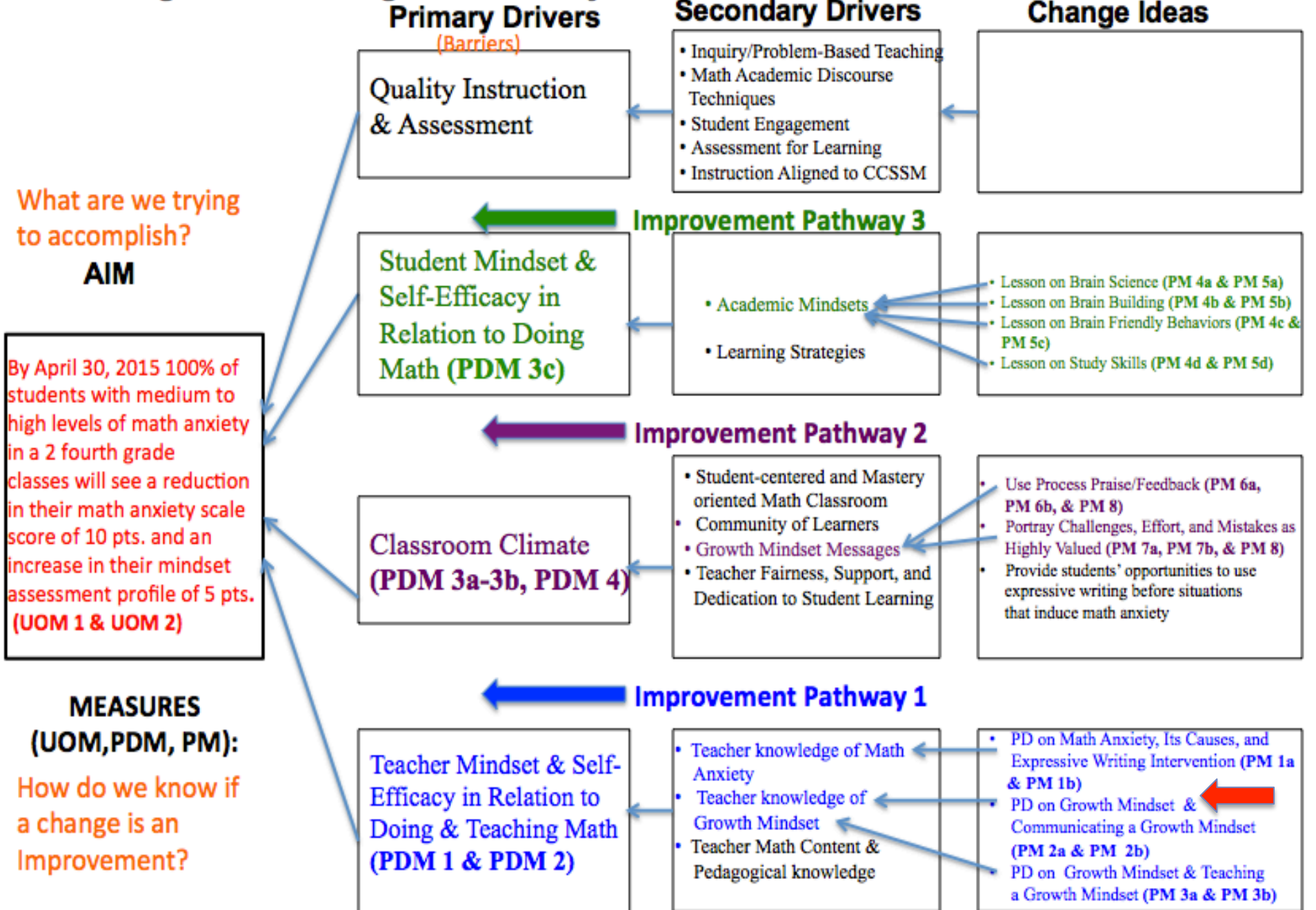
Session Outcomes

- To become familiar with self-theories defined by a fixed mindset or growth mindset.
- To become familiar with process praise and process feedback and how to use them in the classroom to communicate a growth mindset.
- To become familiar with the growth mindset response to challenge, effort, and mistakes and how to portray them in the classroom.

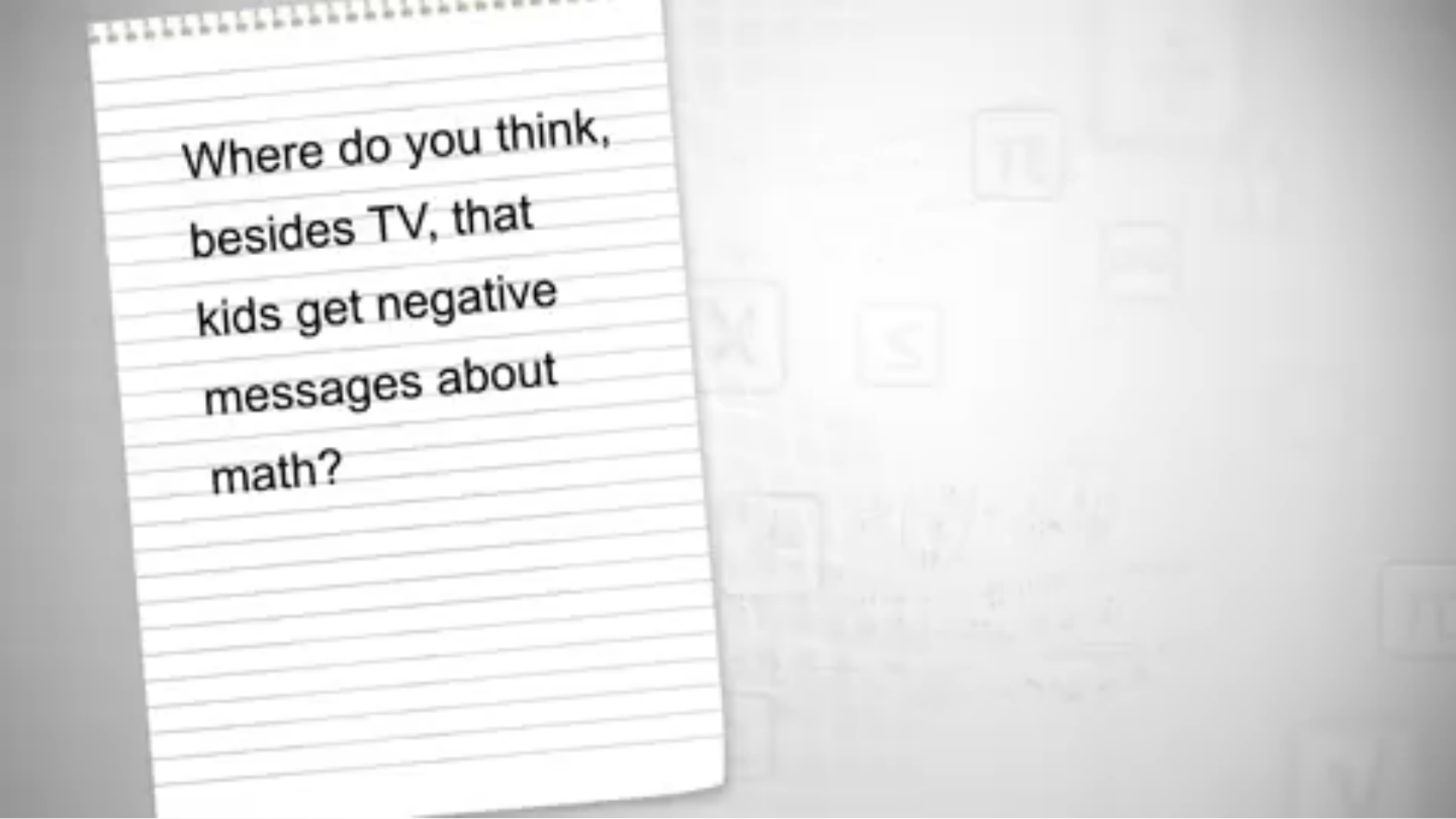


Driver Diagram: Reducing Math Anxiety

What changes might lead to an improvement?



Grounding: Video

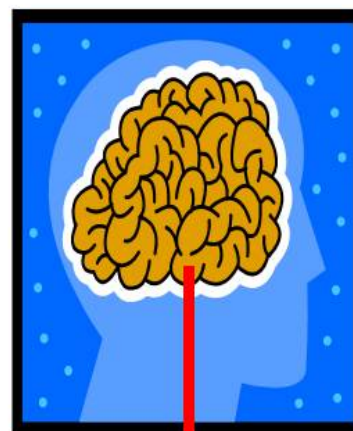


Where do you think,
besides TV, that
kids get negative
messages about
math?

Mindset is often more important than your initial ability in determining whether you succeed in the long run.



Growth Mind-Set
Intelligence can be developed

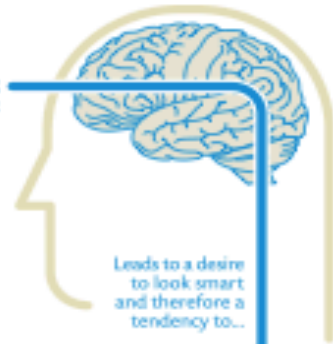


Fixed Mind-Set
Intelligence is static

About Growth Mindset

- Step 1: What is a Growth Mindset? (7 Minutes)
 - Watch Video together
 - Individually: Complete a Double Bubble Map Comparing/Contrasting a Fixed Mindset Vs. a Growth Mindset
 - Statement Sort (Fixed or Growth)
- Step 2: The Evidence: How a Growth Mindset Leads to Higher Achievement (5 minutes)
 - Watch video together
 - Discuss the following questions:
 - What kind of feedback was sought by those with a fixed mindset? Why does this make sense?
 - What kind of feedback was sought by those with a growth mindset? Why does this make sense?
 - What benefits did having a growth mindset have for the students in the various studies?
- Step 3: Mindsets Can Change? (4 minutes)
 - Watch the video together
 - Discuss the following question:
 - If mindsets can change, what might be a teacher's role in the classroom in fostering a growth mindset in his/her students?

Fixed Mind-set
Intelligence is static



Leads to a desire to look smart and therefore a tendency to...

CHALLENGES

...avoid challenges



OBSTACLES

...give up easily



EFFORT

...see effort as fruitless or worse



CRITICISM

...ignore useful negative feedback



SUCCESS OF OTHERS

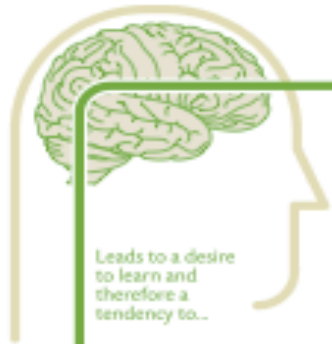
...feel threatened by the success of others



As a result, they may plateau early and achieve less than their full potential.

All this confirms a **deterministic view of the world.**

Growth Mind-set
Intelligence can be developed



Leads to a desire to learn and therefore a tendency to...



...embrace challenges



...persist in the face of setbacks



...see effort as the path to mastery



...learn from criticism

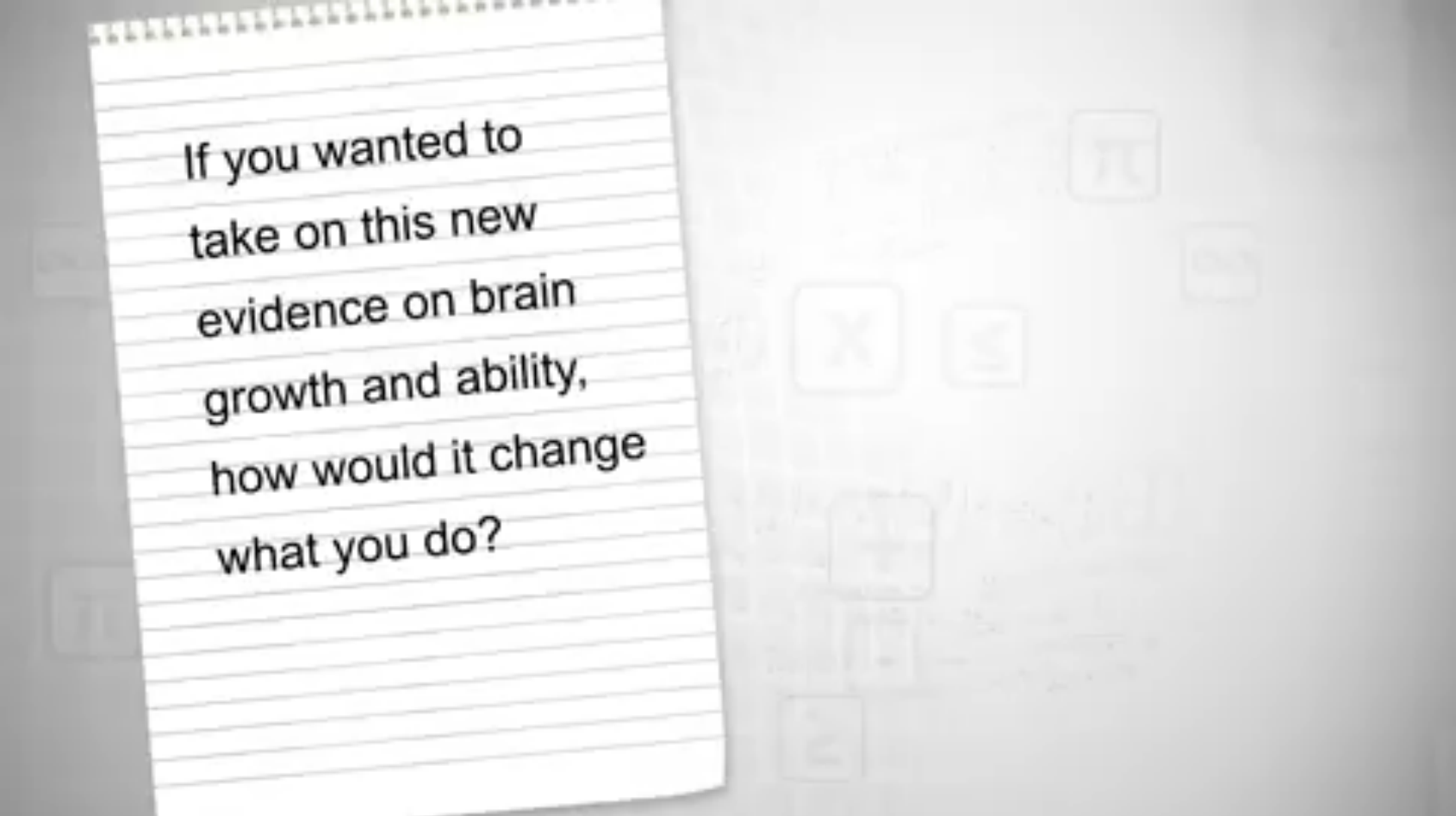


...find lessons and inspiration in the success of others

As a result, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will.**

Process Praise



If you wanted to
take on this new
evidence on brain
growth and ability,
how would it change
what you do?

Turning Person Praise into Process Praise

With a partner:

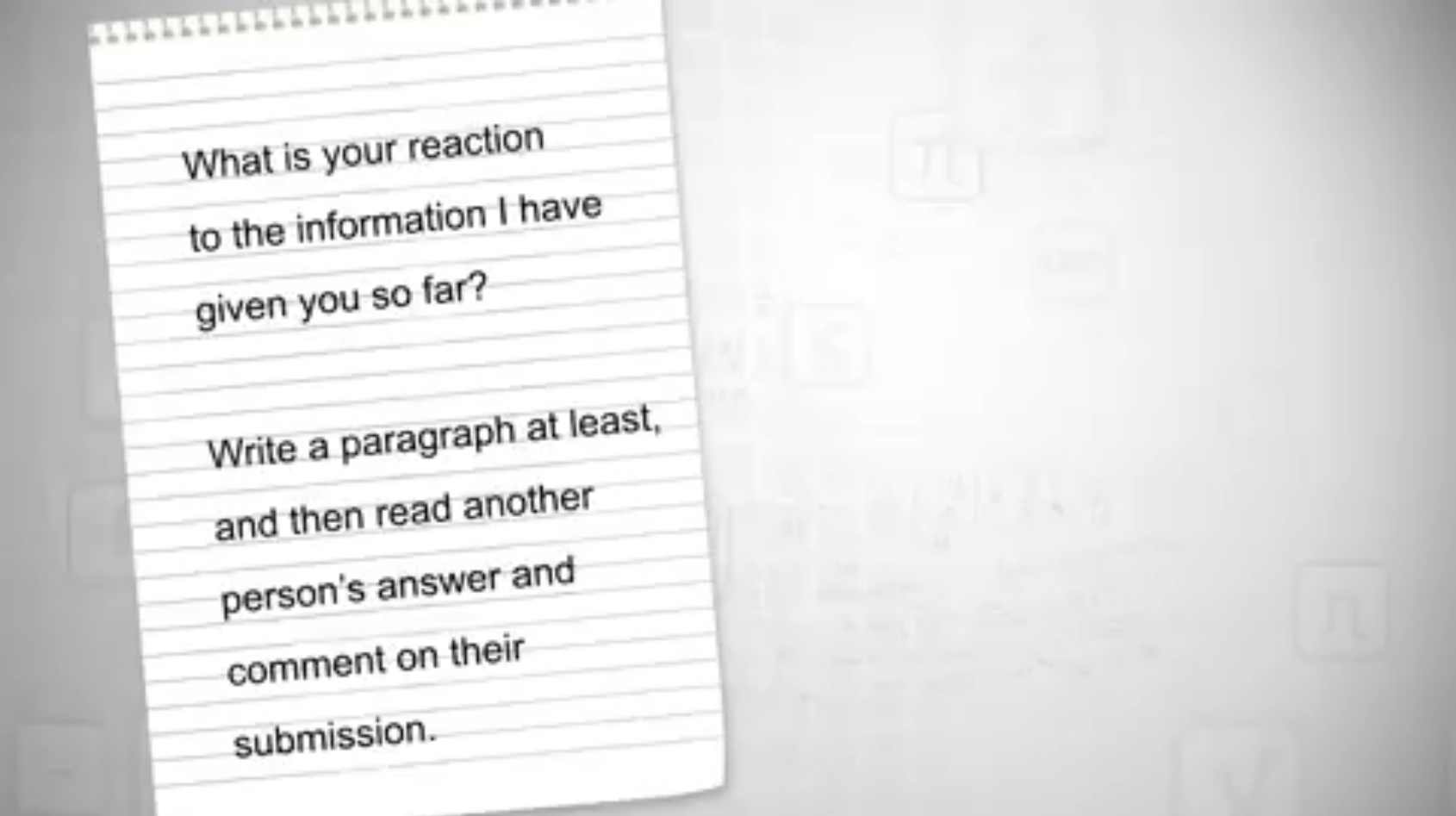
- Turn the person praise statements into process praise statements
- Focus on the process(es) that lead to the outcome/result.

Person Praise	Process Praise
Great job! You must be smart at this.	
See, you are good at Math. You got an A on your last math test.	
You got the correct answer on that math problem! You are a really good problem solver!	
You are such a good student.	
That math problem was so easy for you. You must be gifted in math.	

Turning Person Praise into Process Praise Examples

Person Praise	Process Praise
Great job! You must be smart at this.	Great job! You must have worked really hard.
See, you are good at Math. You got an A on your last math test.	You really studied hard for your math test and your improvement it.
You got the correct answer on that math problem! You are a really good problem solver!	I like the way your tried all kinds of strategies on that math problem until you finally got it!
You are such a good student.	I like the way you stayed at your desk, you kept your concentration, and you kept on working. That's great!
That math problem was so easy for you. You must be gifted in math.	I like that took on that challenging project in your math class. It will take a lot of work—gathering data, organizing the data, analyzing the data, and representing the data in multiple ways. You are going to learn a lot of great things.

Mistakes & Challenging Work



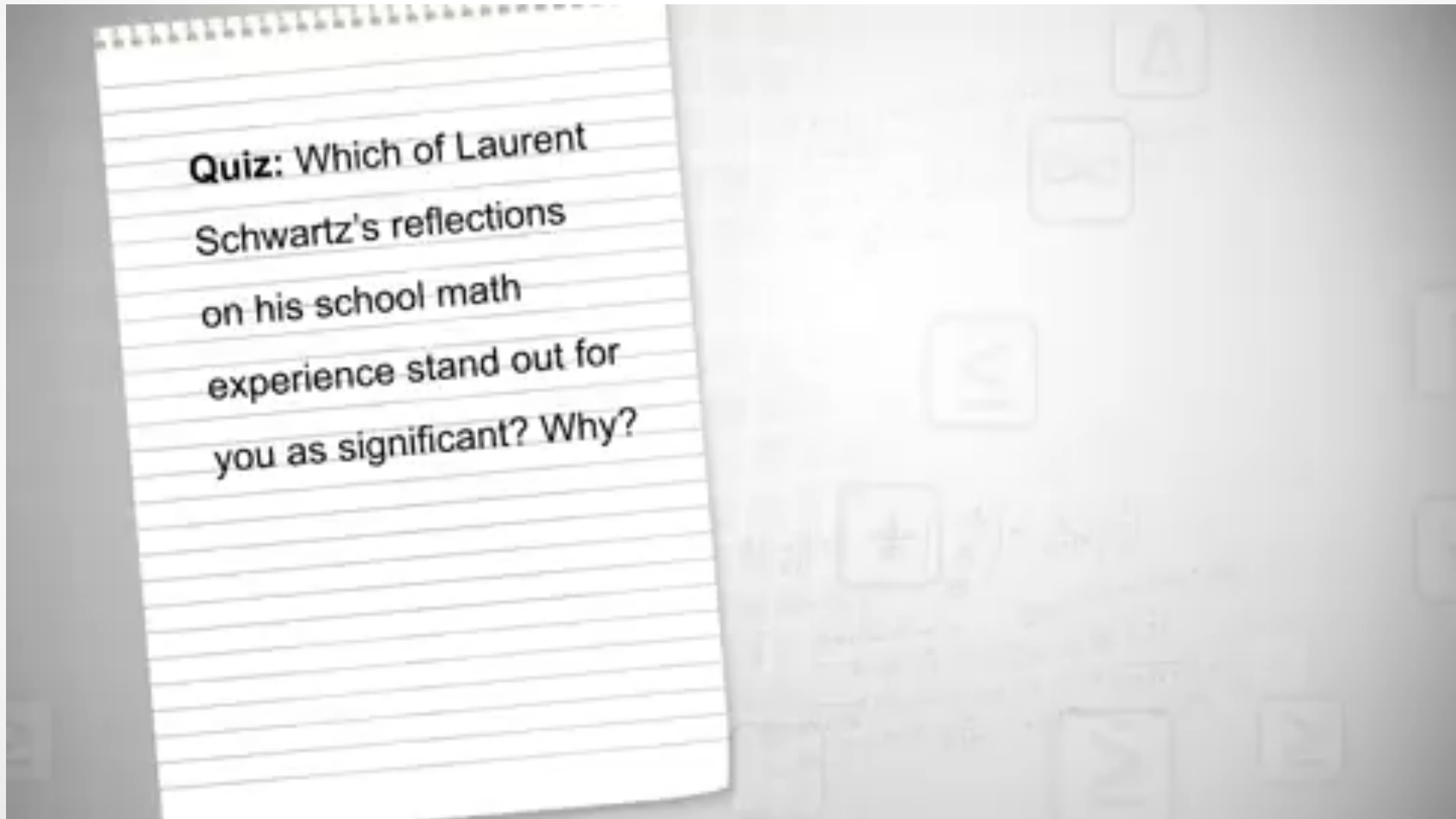
What is your reaction
to the information I have
given you so far?

Write a paragraph at least,
and then read another
person's answer and
comment on their
submission.

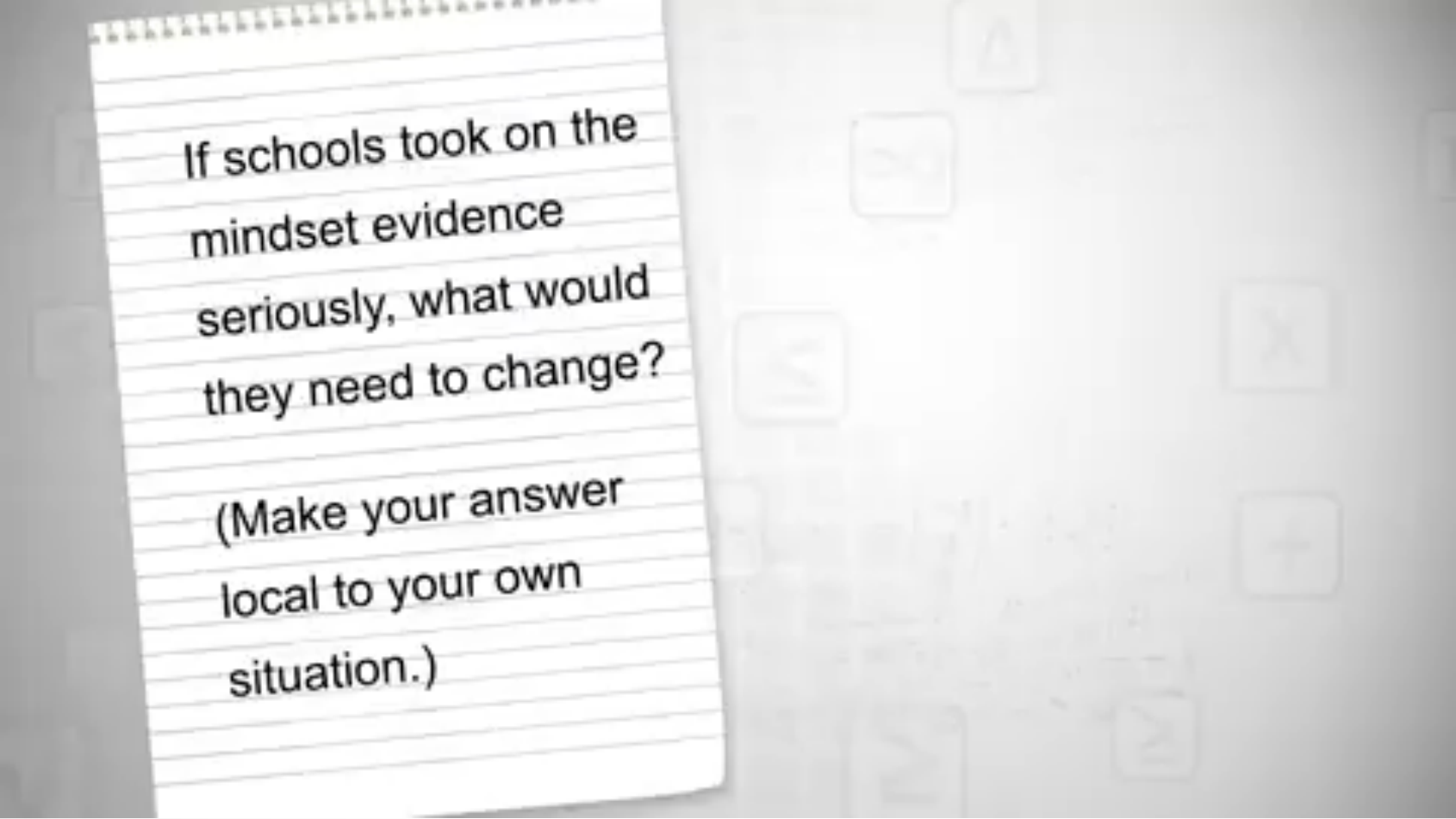
Activity 1: Why You Love Mistakes?

- Teacher Notes: Sometimes it's important to simply tell students that you love mistakes because that's how students learn. Start the class with a lesson on why like mistakes and what students can learn from them.
 - Write up or type up a short story of why you love mistakes with an example from your own life.
- Lead a discussion on how students feel about making a mistake and why.
- The following discussions points are good for starting:
 - How do you feel when you make a mistake? Why?
 - How do you think other people see you when you make a mistake?
 - Have you ever discovered something new from making a mistake?
 - Have you ever felt proud of making a mistake?
 - Has a mistake ever made you think more deeply about a problem? (You can start about a non-academic setting, and then talk about how lessons apply to academics.)

Activity 2: Three Strategies to Celebrate Mistakes in Your Classroom



Mindset & Equity



If schools took on the mindset evidence seriously, what would they need to change?

(Make your answer local to your own situation.)

Believe that talents can be developed and great abilities can be built over time.

View mistakes as an opportunity to develop

Resilient

Believe that effort creates success

Think about how they learn

Growth Mind-Set

Believe that talent alone creates success

Reluctant to take on challenges

Prefer to stay in their comfort zone

Are fearful of making mistakes

Fixed Mind-Set

Think it is important to 'look' smart in front of others

Believe that talents and abilities are set in stone, you either have them or you don't.

Well behaved pupils
Higher Ability Pupils
Hard Working Pupils
Lower Ability Pupils

Which Mindset Do You Model in Your Classroom?

Promotes a Fixed Mind Set	Promotes a Growth Mind-Set
Praising pupils for being smart	Praising effort and strategies
Formative comments that emphasis achievement	Formative comments that emphasis effort and application
Praising students for achievements that come easily	Building robust self confidence through persevering in the face of challenge.
Spending time documenting intelligence and ability	Spending time developing intelligence and ability
Directing pupils to which tasks to complete	Giving pupils a strong voice in the learning process and a sense of purpose
Boosting self esteem	Providing constructive criticism
Place importance on grades / levels rather than learning	Place importance on learning rather than grades / levels

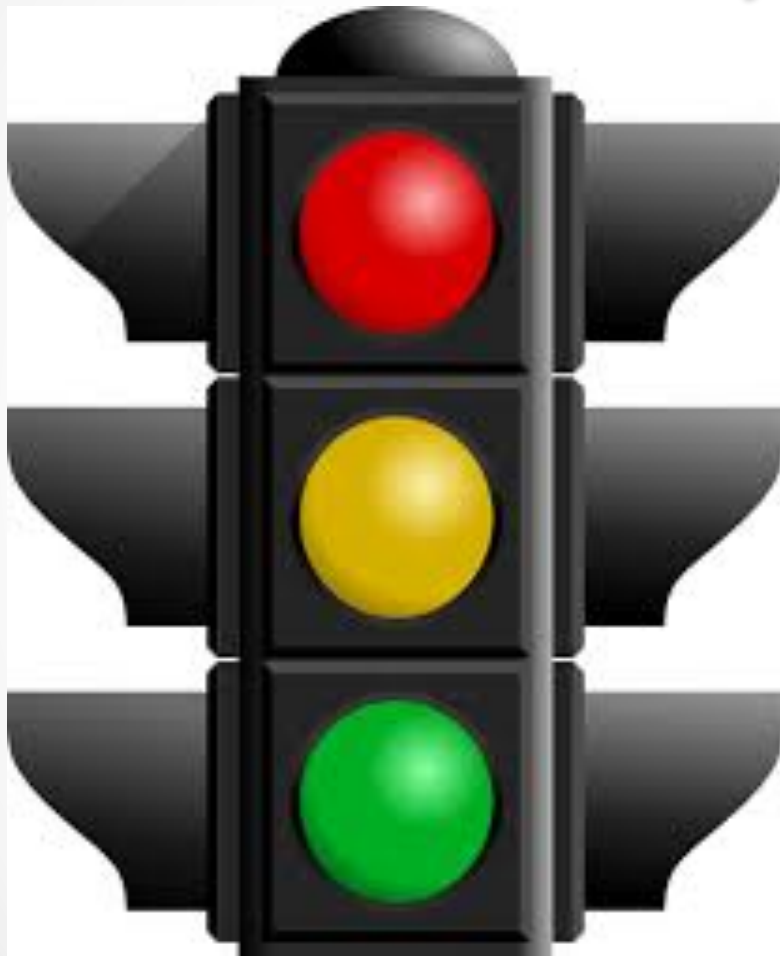
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Traffic Light

As a result of today's Growth Mindset PD



one thing you will stop
doing

one thing you will
continue doing

one thing you will start
doing

Next Steps

- Tool to implement process praise
- Poster & Bookmarks with Growth Mindset Messages
- Quotes relating Growth Mindset Messages



Thank You!

