



# GROWTH MINDSET

# SUNY Erie



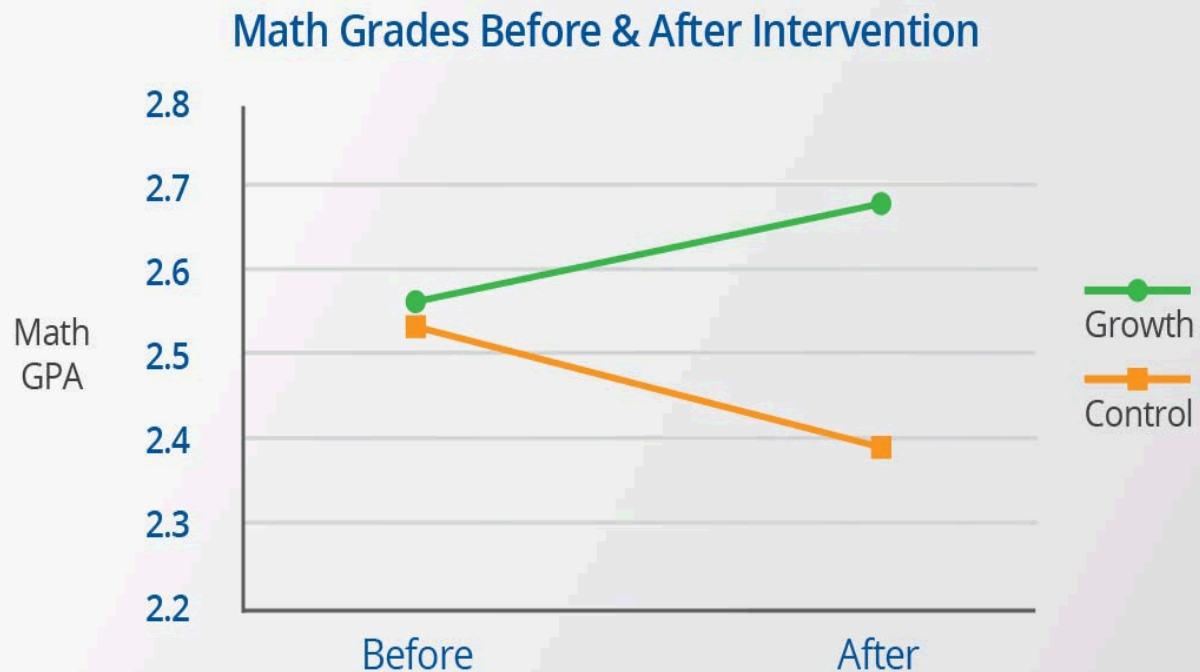
...our studies show that teaching people to have a "growth mind-set," which encourages a focus on effort rather than on intelligence or talent, helps make them into high achievers in school and in life.

**Carol S. Dweck**

*(The Secret to Raising Smart Kids, Scientific American 11-28-2007)*



## Impact of a Growth Mindset Intervention



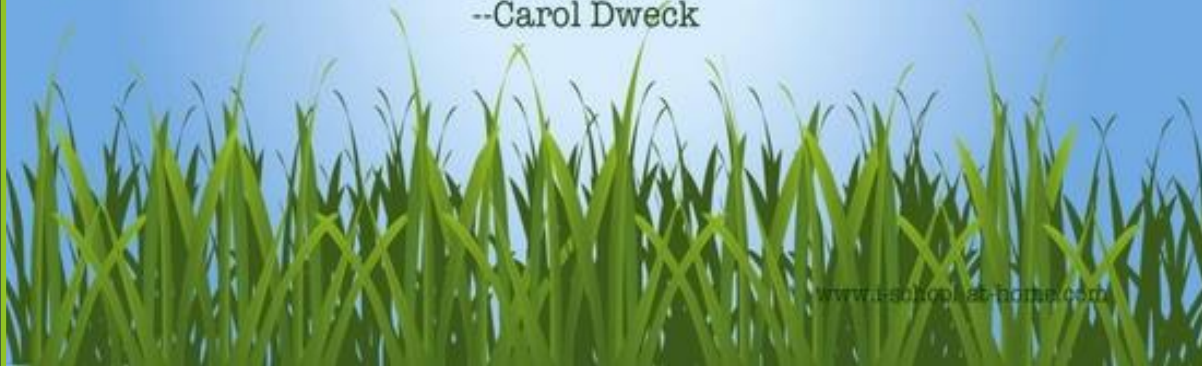
Blackwell, Trzesniewski & Dweck (2007) *Child Development*

## The Growth Mindset:

"People believe... their talents and abilities can be developed through passion, education, and persistence.

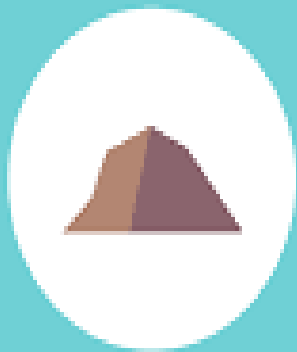
For them...it's about a commitment to learning-taking informed risks and learning from the results, surrounding yourself with people who will challenge you to grow, looking frankly at your deficiencies and seeking to remedy them."

--Carol Dweck



[www.eschool-at-home.com](http://www.eschool-at-home.com)





Which are you?

# FIXED MINDSET

THE BELIEF THAT YOUR POTENTIAL WAS DETERMINED AT BIRTH.



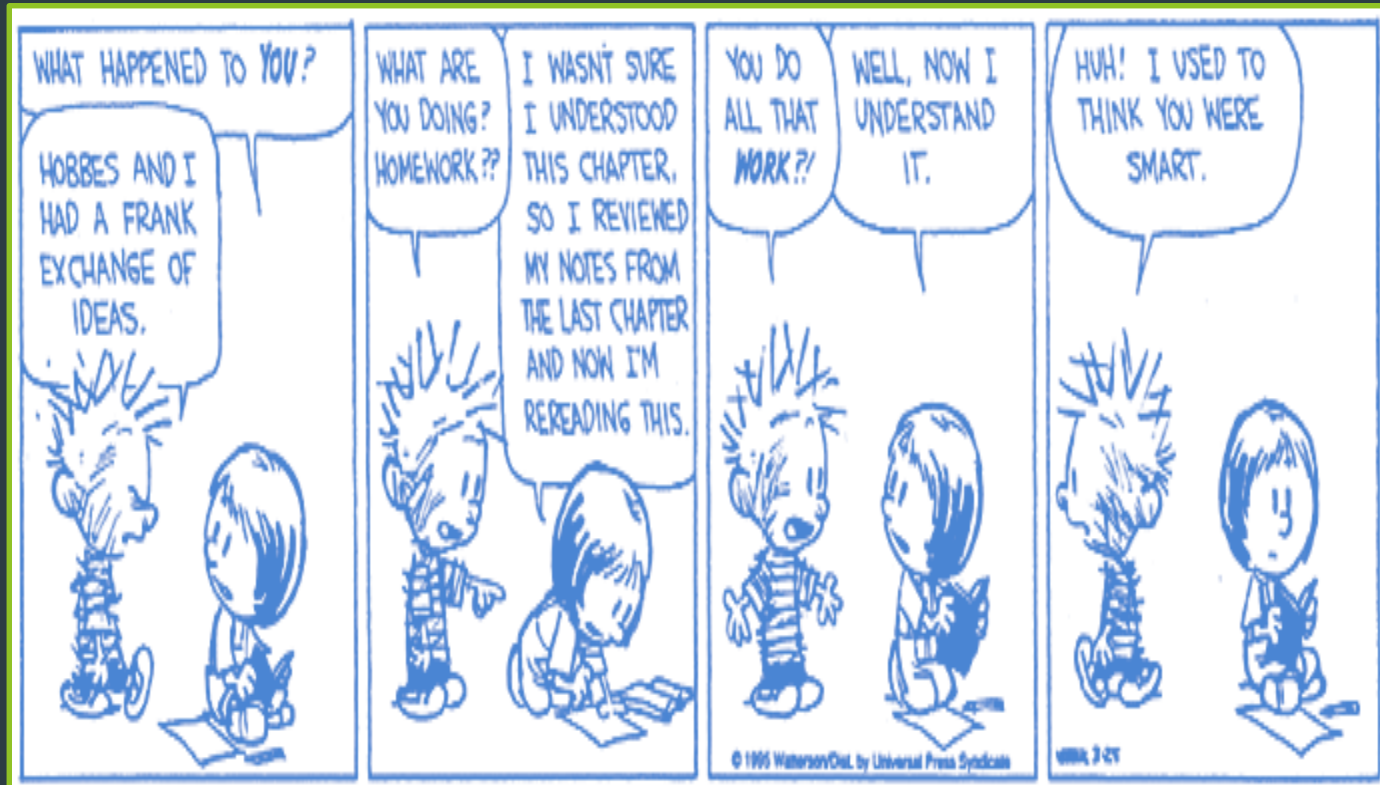
[WWW.KATHERINELYNAS.COM](http://WWW.KATHERINELYNAS.COM)



# GROWTH MINDSET

THE BELIEF THAT WE CAN WORK HARD AND IMPROVE.

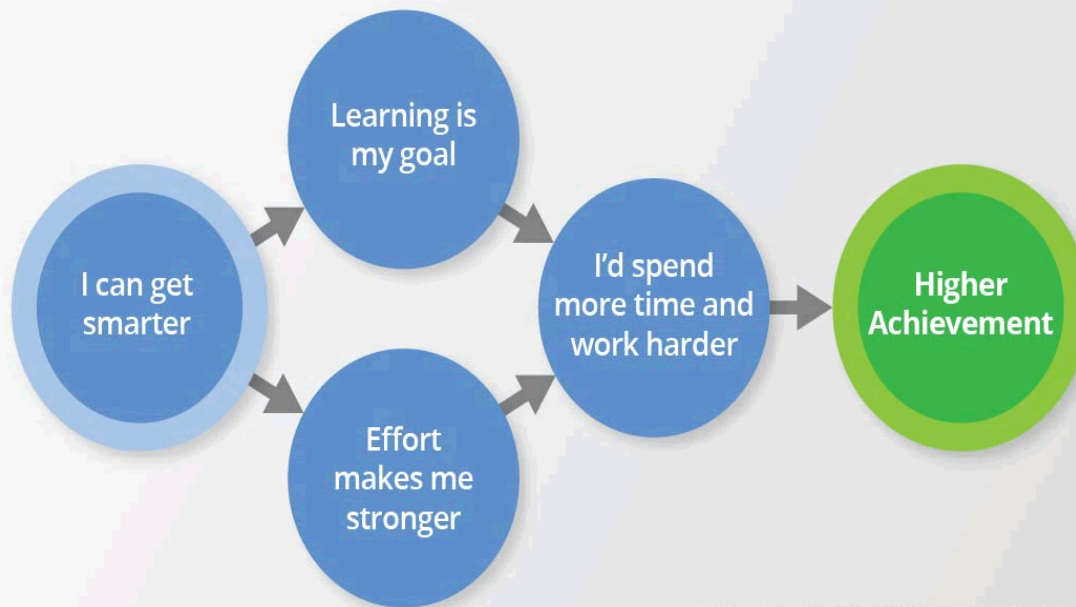




YOU HAVE ONLY  
**FAILED**  
*IF YOU*  
**HAVE**  
**GIVEN**  
**UP**

*Until then, it's learning*

## A Growth Mindset Drives Motivation and Achievement



Blackwell, Trzesniewski & Dweck (2007) *Child Development*



## 10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

TRY THINKING:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

(Original source unknown)

@sylvia duckworth

#growthmindset