

MAXIMIZING
YOUR
POTENTIAL
**GROWTH
MINDSET**



THE TRUE STORY OF **ABILITY AND EFFORT**

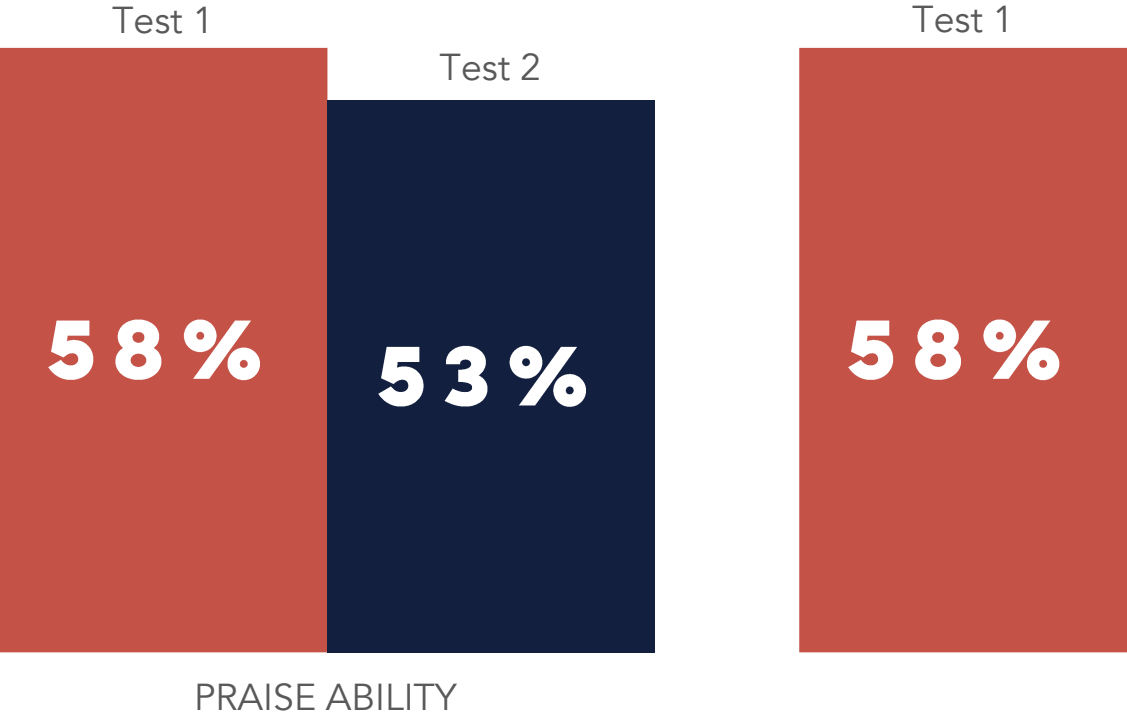
Test 1



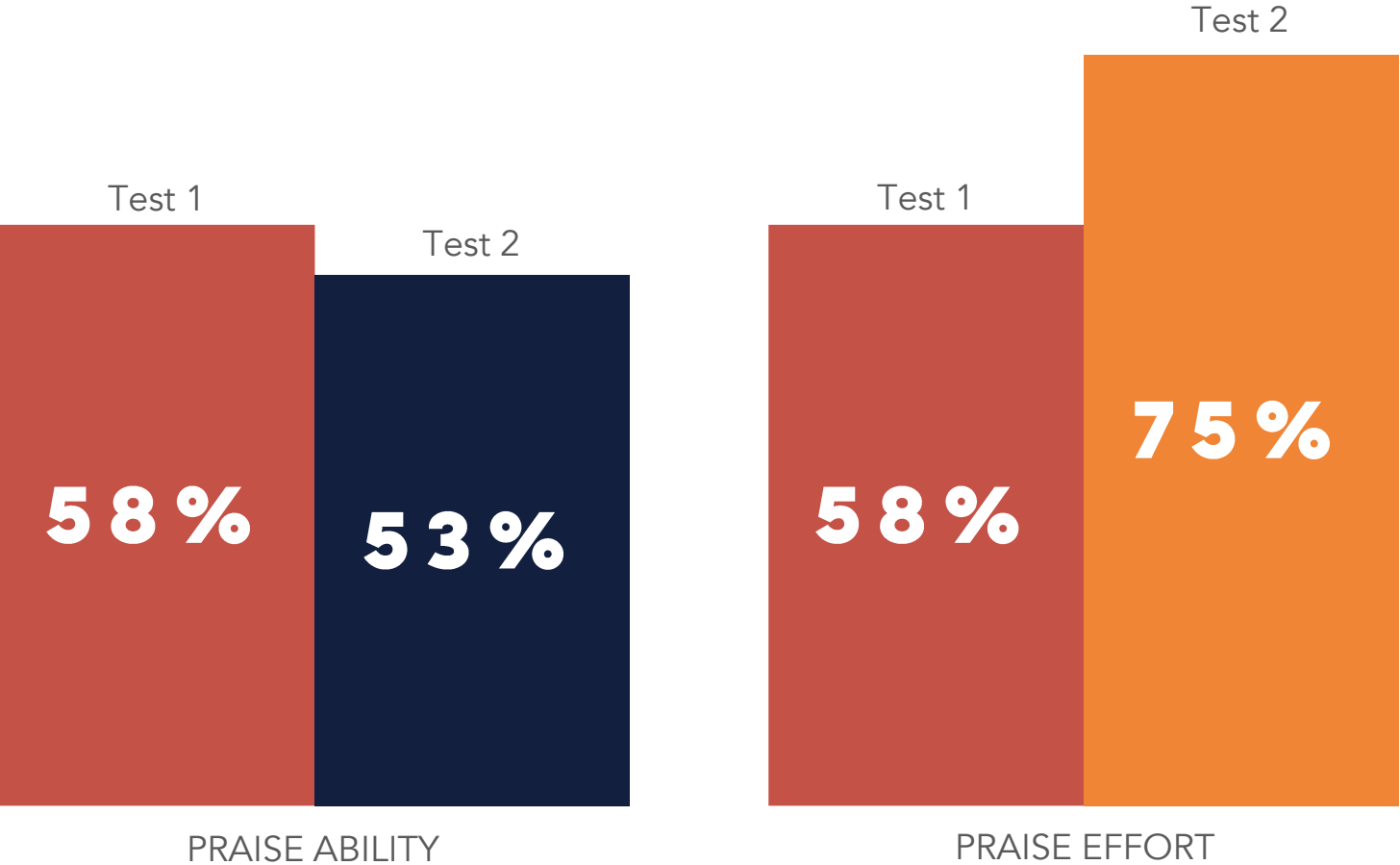
Test 1



THE TRUE STORY OF **ABILITY AND EFFORT**



THE TRUE STORY OF **ABILITY AND EFFORT**



LEARN HOW TO **IDENTIFY MINDSETS**

GROWTH MINDSET



FIXED MINDSET



GROWTH MINDSET



IDENTIFYING A GROWTH MINDSET

- Embraces challenge
- Persists in the face of setbacks
- Sees efforts as the path to mastery
- Learns from criticism
- You are excited to try new things

FIXED MINDSET



IDENTIFYING A **FIXED MINDSET**

- Avoids challenges
- Gives up easily
- Sees effort as fruitless, or worse!
- Feels threatened by the success of others
- You only try things you are already good at

YOUR WORDS CAN **REVEAL YOUR MINDSET**



- "I'm just not good at math"
- "I am never able to keep my homework organized"
- "Chemistry makes me really anxious"



- "Math has been challenging for me."
- "When I have tried to organize my homework, I have not had success."
- "I can become more confident in Chemistry if I put in hard work."



WITH THE RIGHT
COACHING, **YOUR**
MINDSET CAN CHANGE

Impact of a Growth Mindset Intervention

Math Grades Before & After Intervention



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

“Mindsets are just beliefs.
They're powerful beliefs, but
they're just something in your
mind, **and you can change
your mind.”**

-Dr. Carol Dweck



WHO IMPACTS **STUDENT MINDSET?**

- Parents/Manager/Leaders
- Teachers/Trainers
- Colleagues/Peers
- Yourself

BUILDING GROWTH MINDSET

HOW YOU PRAISE AND CRITIQUE MATTERS



- "You're so good at math!"
- "You're such an awesome student."
- "You should have earned an A because you're so smart."



- "You worked really hard!"
- "I appreciate your determination."
- "I am disappointed that you did not give your full effort."

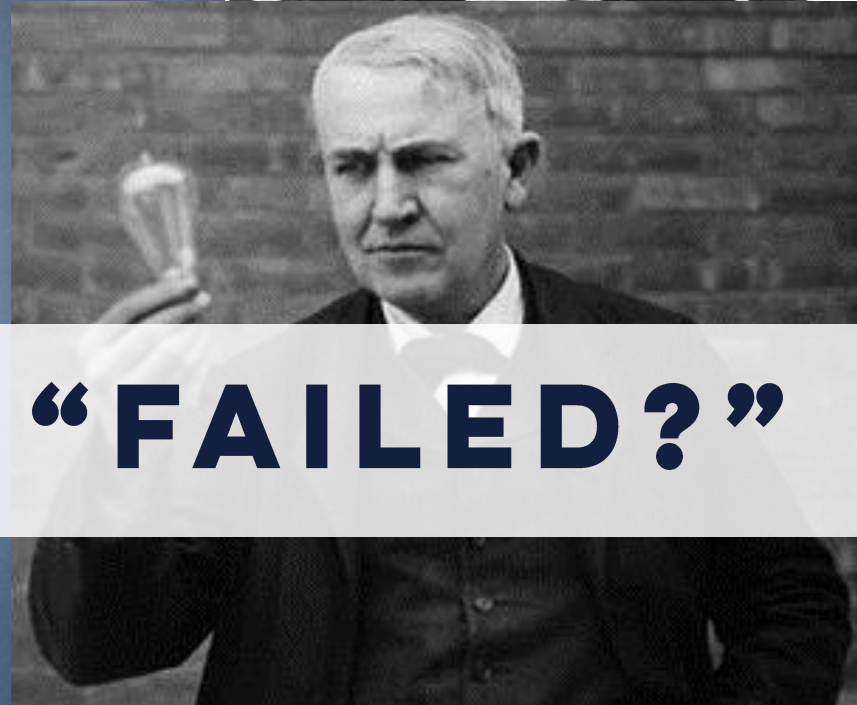
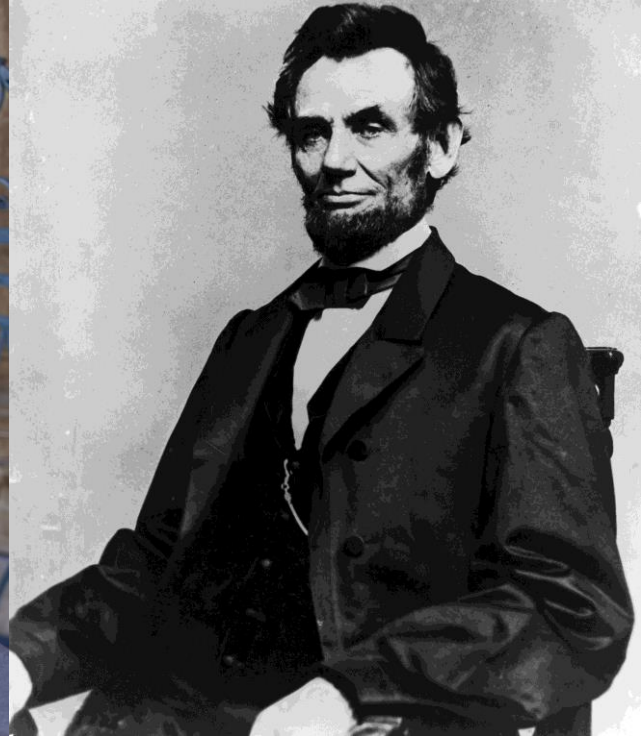
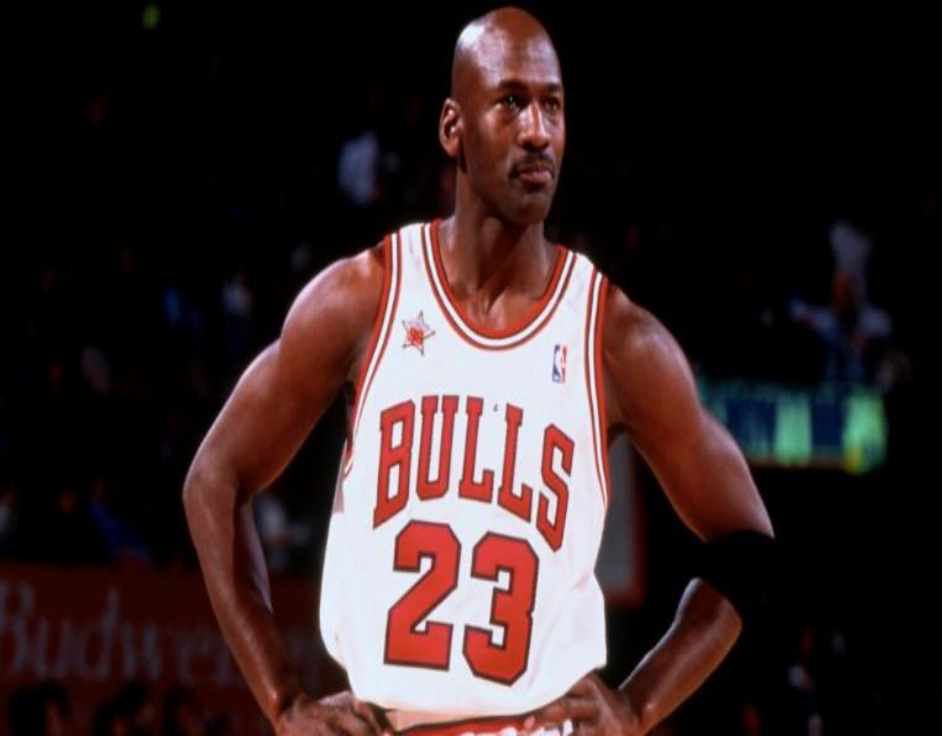
... YET

**THE POWER OF
“YET”**

**High Ability
Low Effort**



**Low Ability
High Effort**



WHO HAS “FAILED?”

USE US **AS A RESOURCE**

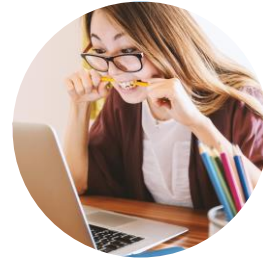
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