

# School Readiness Webinar Series, Part 1: Growth Mindset

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Center for Childhood Creativity



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Our mission is to transform research into early learning experiences that inspire creative problem solving



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"If you manage people or are a parent (which is a form of managing people), drop everything and read *Mindset*."  
—Guy KAWASAKI, author of *The Art of the Start*

# mindset

## THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN  
LEARN TO FULFILL  
OUR POTENTIAL

\*parenting  
\*business  
\*school  
\*relationships

"Will prove to be one of the most influential books ever about motivation."  
—Po BRONSON, author of *NurtureShock*

CAROL S. DWECK, Ph.D.



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# Self Assessment

*Do you agree or disagree with each of the following statements?*

1. Your intelligence is something very basic about you that you can't change very much.
2. You can learn new things, but you can't really change how much intelligence you have.
3. No matter how much intelligence you have, you can always change it quite a bit.
4. You can always substantially change how intelligent you are.





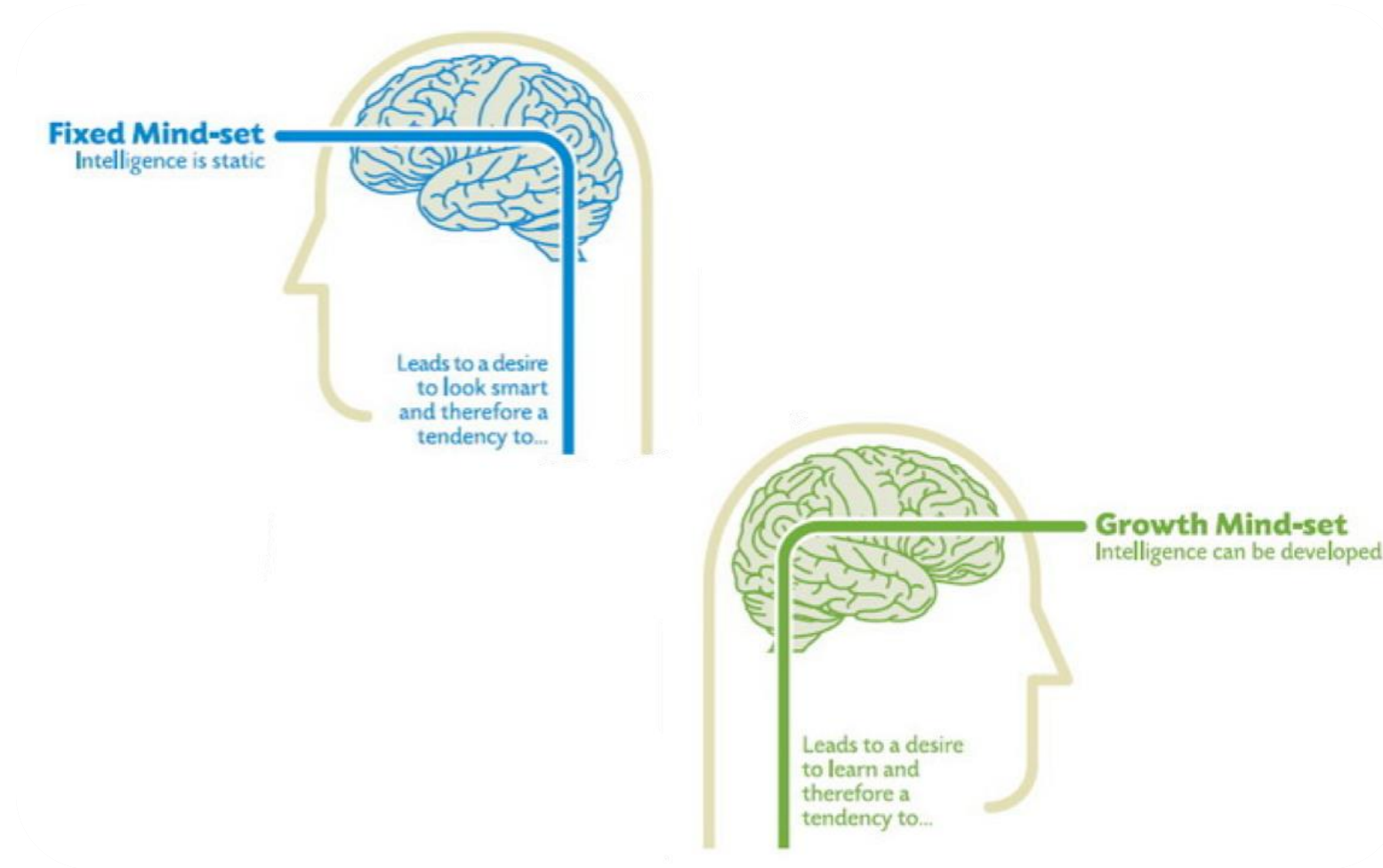
# Self Assessment

*Consider other abilities or qualities. To what degree do you agree or disagree with the following statements?*

1. Your *athletic ability* is something very basic about you that you can't change very much.
2. You can learn new things, but you can't really change how *good you are at math*.
3. No matter how much *artistic ability* you have, you can always change it quite a bit.
4. You can always substantially change your *professional skills*.



# Mindsets: Fixed vs. Growth



Graphic by Nigel Holmes (Mindset, p. 245)



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# Intelligence & Ability

Look smart  
at all costs

Fixed Mindset

Learn at  
all costs

Growth Mindset



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# Effort

If you have to work  
hard, you're not  
smart

Fixed Mindset

Working harder  
makes you  
smarter

Growth Mindset



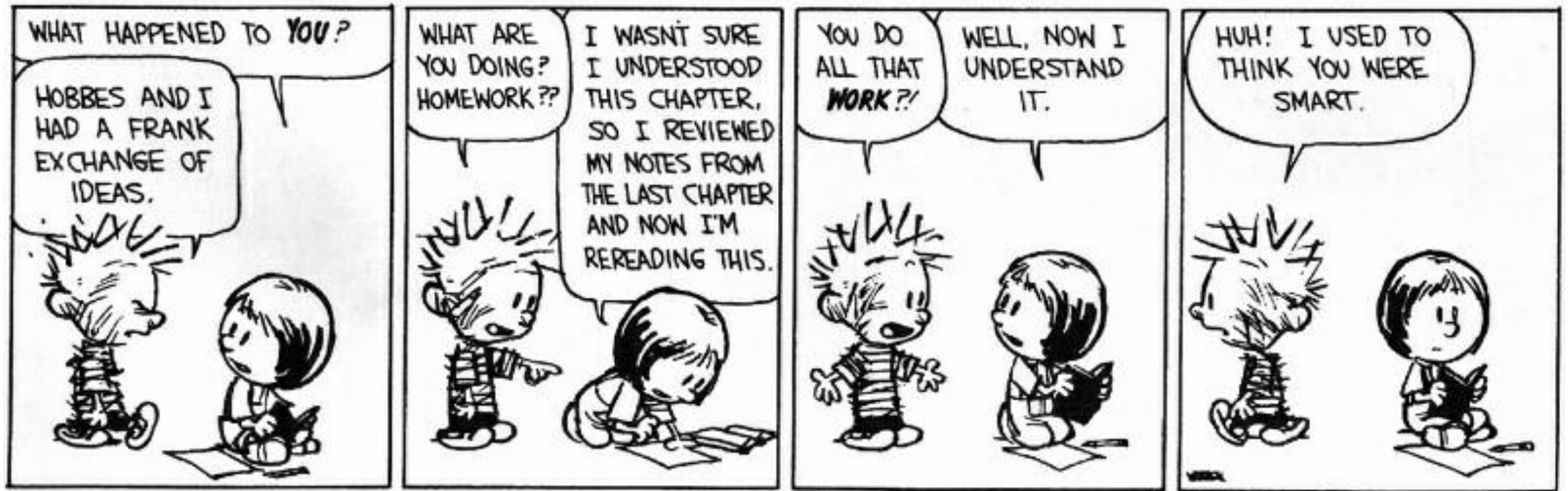
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# Effort



# Setbacks



Give up,  
become defensive

Fixed Mindset



Show resilience

Growth Mindset



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## After setbacks...

I'd spend less  
time on this  
subject  
from now on.

Fixed Mindset

I would work  
hard in this class  
from now on.

Growth Mindset

I would try to  
cheat on the  
next test.

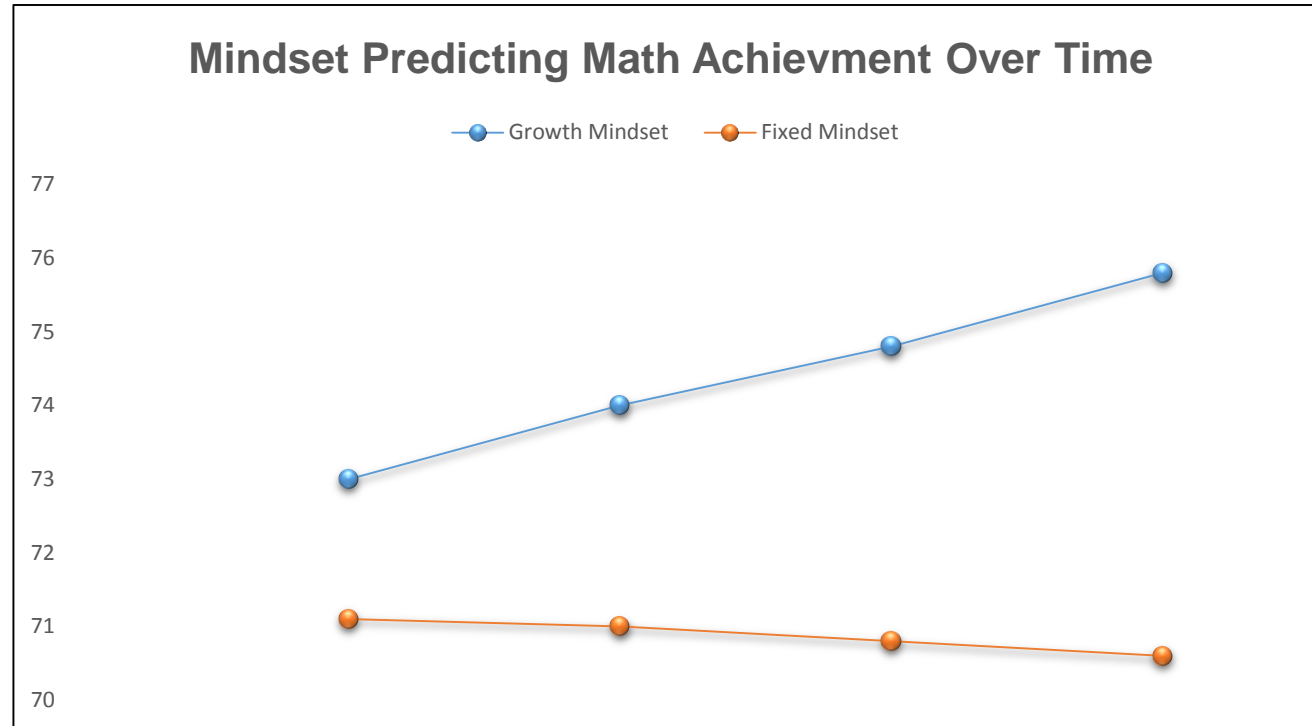


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# Why Mindset Matters: Study 1



Blackwell, Trzesniewski, and Dweck (2007): Implicit theories of intelligence predict achievement across adolescent transition: A longitudinal study and an intervention

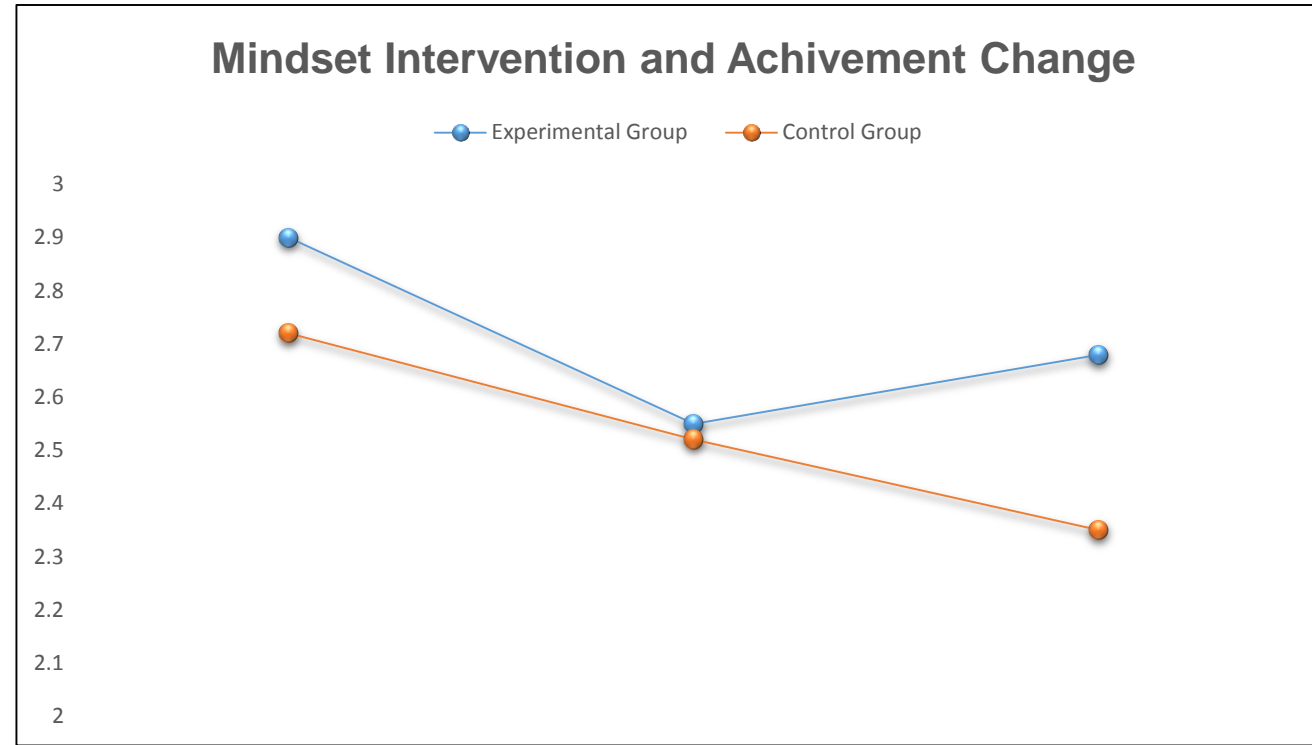


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# Why Mindset Matters: Study 2



Blackwell, Trzesniewski, and Dweck (2007): Implicit theories of intelligence predict achievement across adolescent transition: A longitudinal study and an intervention



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We all have both mindsets

Listen to the scenarios.

What are the areas where you easily maintain a growth mindset?

When do you notice that you start to slip into a fixed mindset?

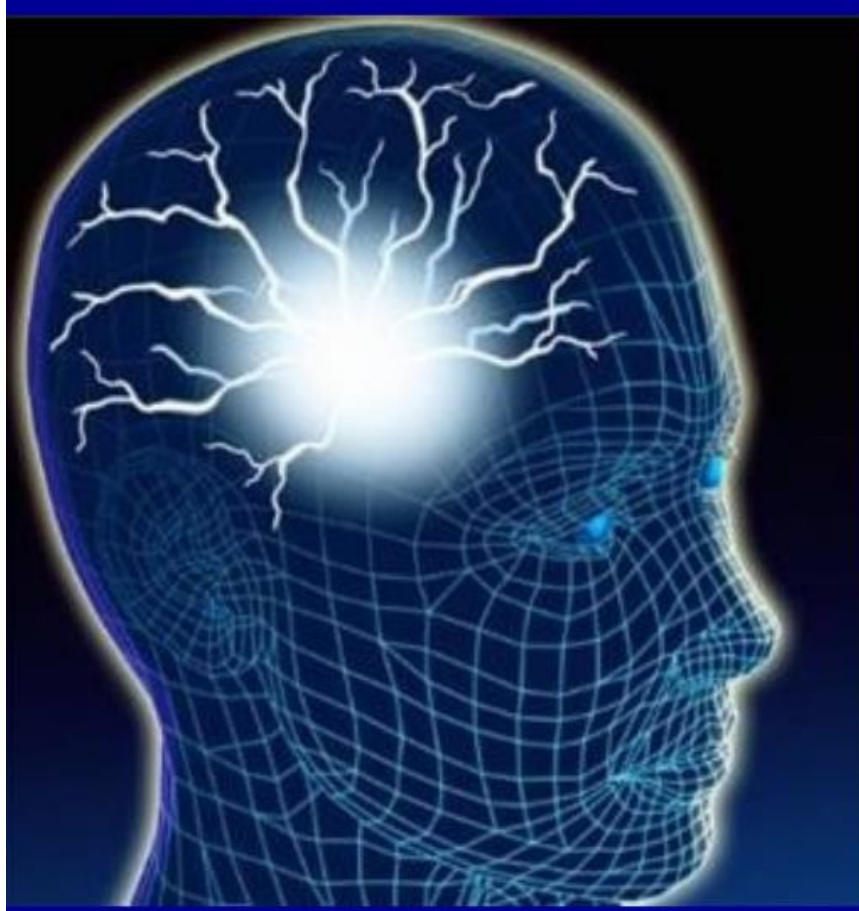


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# Research shows that intelligence is malleable



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# Play promotes brain plasticity

Dr. Marian Diamond found:

- Rats' early experiences changed brains structurally!
- Enriched environments (toys + social interaction) led to more grey matter.



Image source: Globe Photos, undated; reprinted New York Times (August 16, 2017).



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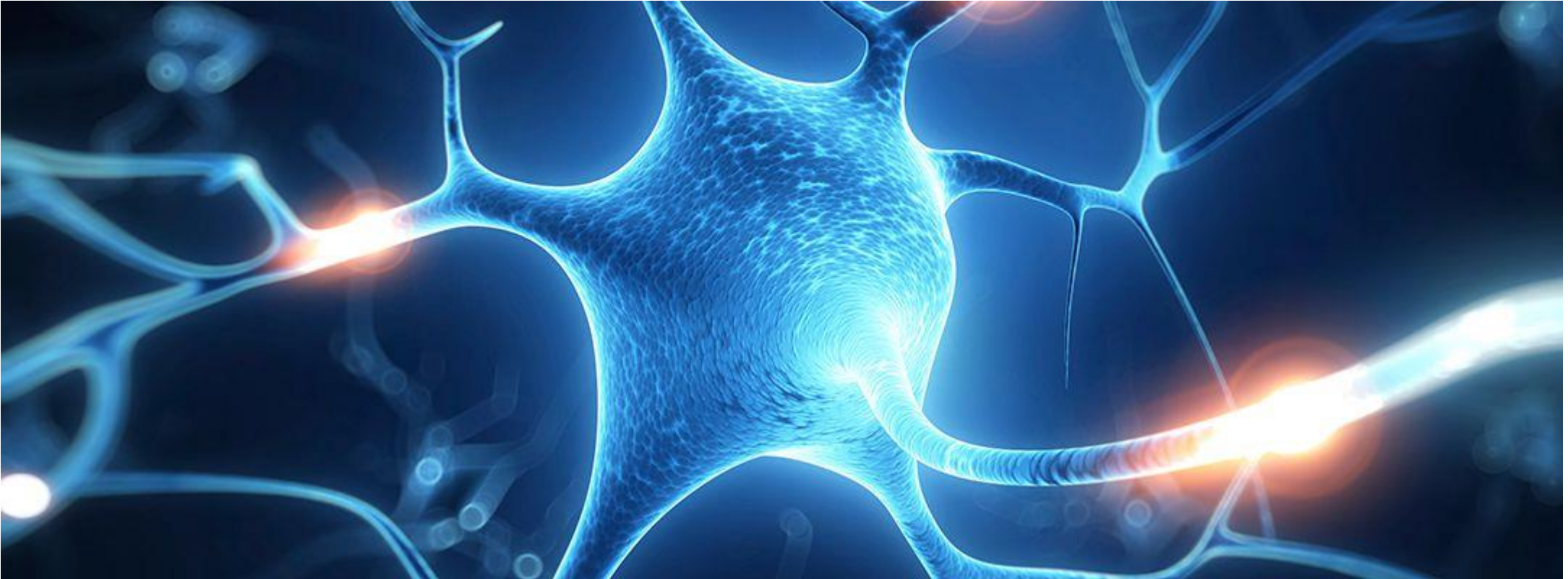


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# Neuroplasticity

You can change your brain by growing more connections among neurons.



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# Neural pathways grow like forest pathways



Flickr ©"Green grass on a forest path" by Magda Wojtyra



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# Neural pathways grow like forest pathways



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Flickr © "Forest Path" by Joshua Mayer



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# Neural pathways grow like forest pathways



Flickr © "Forest Path" by Joshua Mayer



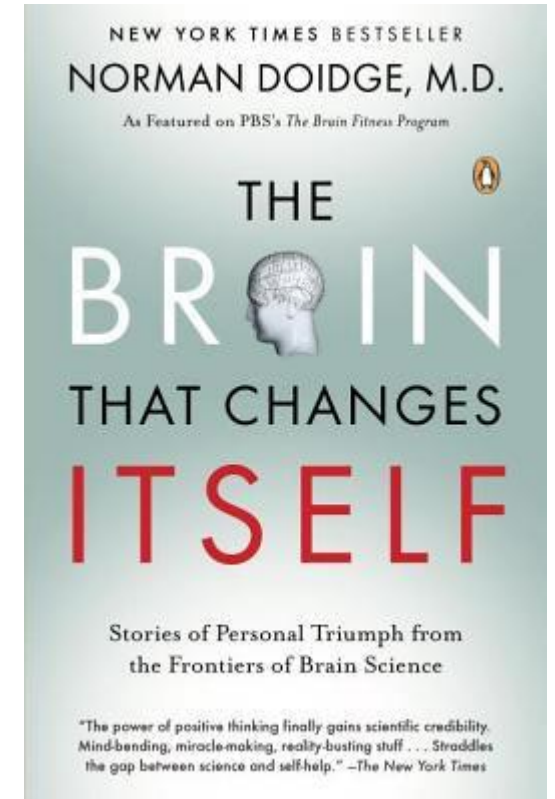
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# Creating neural pathways



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# How are you growing your brain?



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# So what? Impacts of mindset



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# So what? Impacts of mindset



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# How do you respond to challenges?



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“I’m struggling!”



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# Where mindsets come from

How do you:

- ☐ Respond to your own setbacks or challenges?
- ☐ Respond to others' setbacks or challenges?
- ☐ Assess yourself and others?
- ☐ Praise others?



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# Passing on a growth mindset

- ✓ Pay attention to praise: praise the learning process
- ✓ Watch how you respond to children's setbacks and challenges: see them as learning opportunities
- ✓ Aim for deep conceptual understanding, not rote memorization





# Celebrate Challenge

We do our best  
and keep on  
going!

Challenge?  
Bring it on!

When I think “I  
can’t”...I just say  
“not yet”...

Who tried something  
new today?  
How did it go?

Can you  
feel your  
brain  
growing!?

Let’s talk about  
what was hard  
today. What can we  
learn from it?



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# Normalize Failure

“I quit! I  
can’t do  
this.”

“Let’s keep trying.  
You can’t do it  
*YET.*”



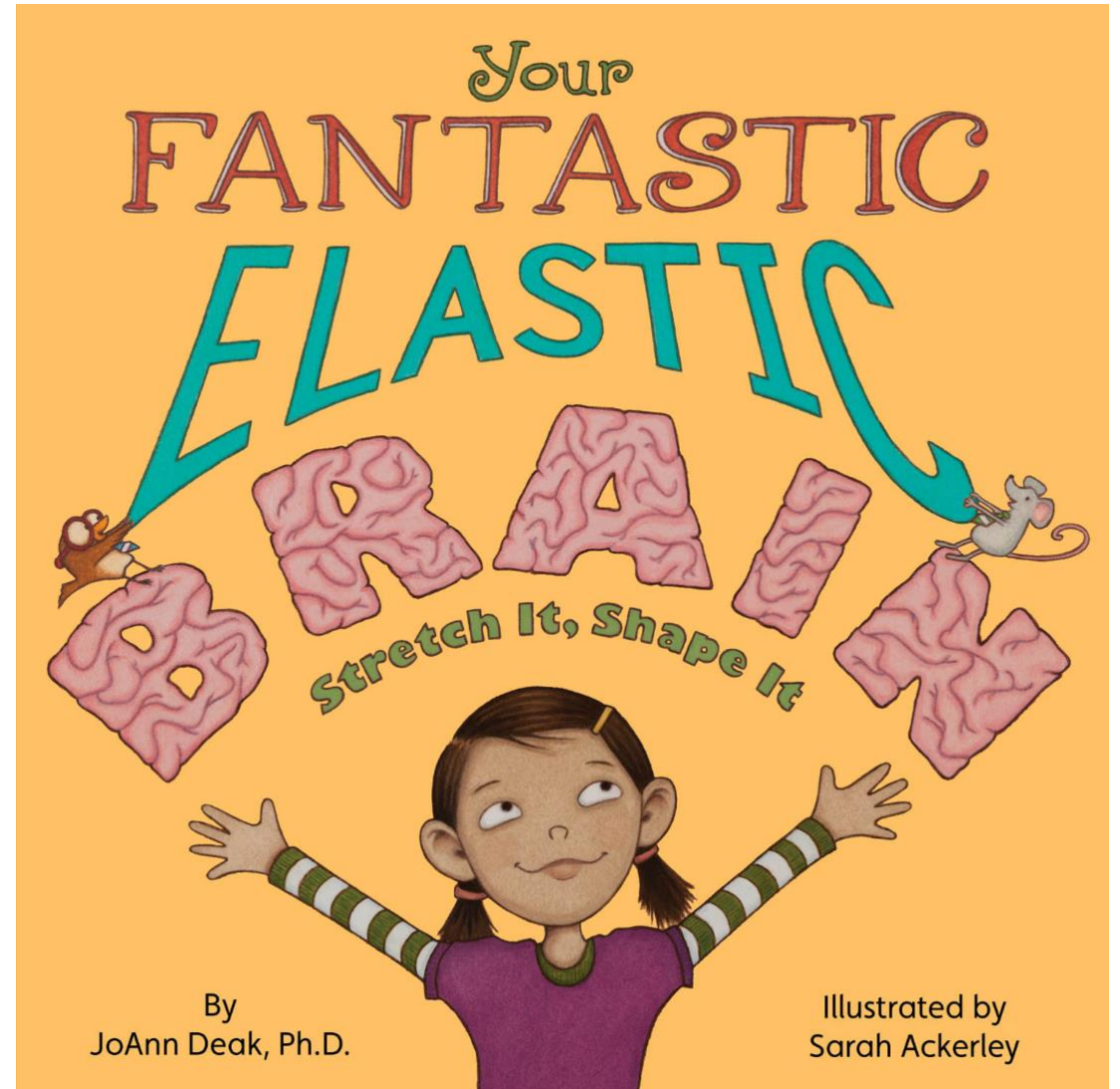
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# Teach Neuroplasticity

When Sophie Thinks  
She Can't....



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# Praise Process

You must  
be really  
smart!

You must  
have worked  
really hard!



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# Why Praise Matters

## Intelligence Praise

“Wow, that’s a really good score. You must be smart at this.”

## Effort Praise

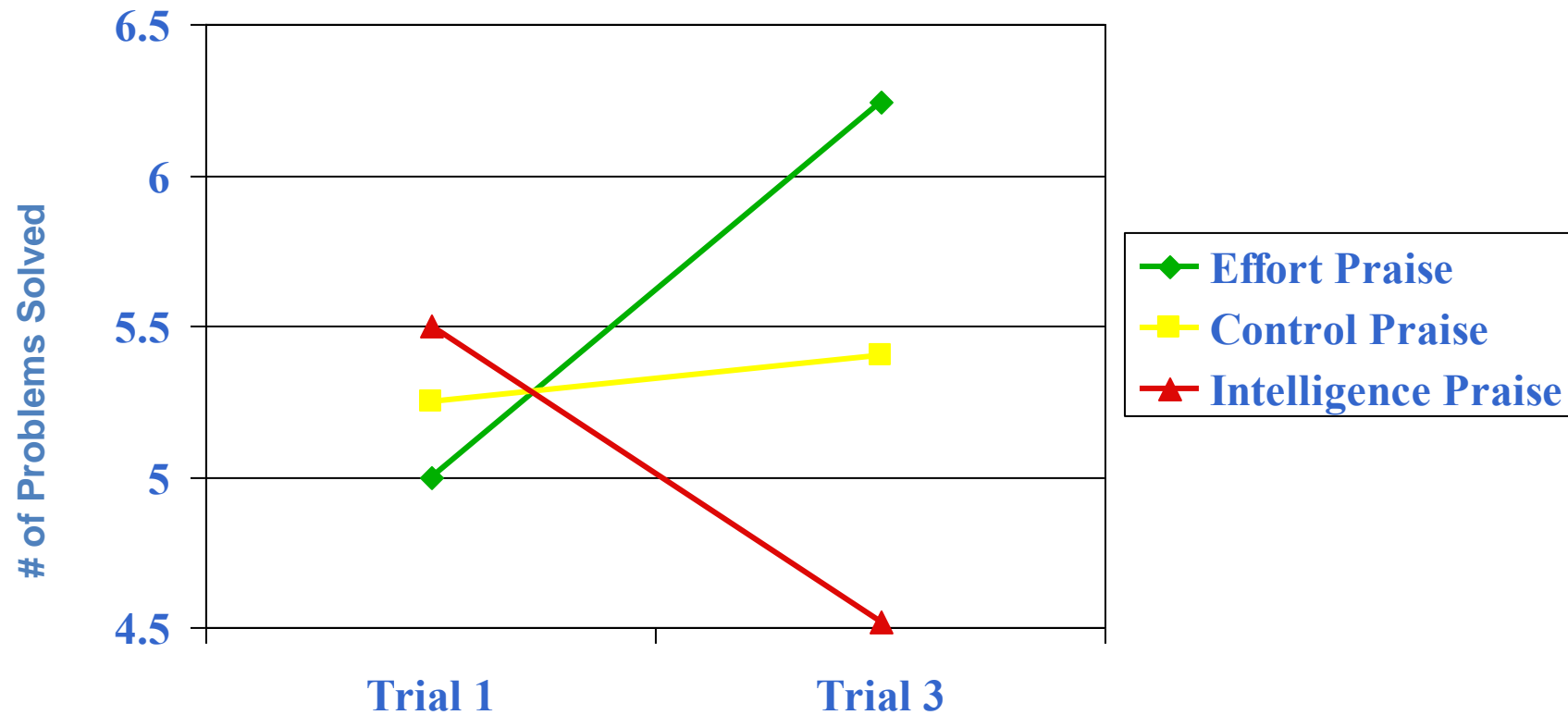
“Wow, that’s a really good score. You must have tried really hard.”

## Control Group

“Wow, that’s a really good score.”

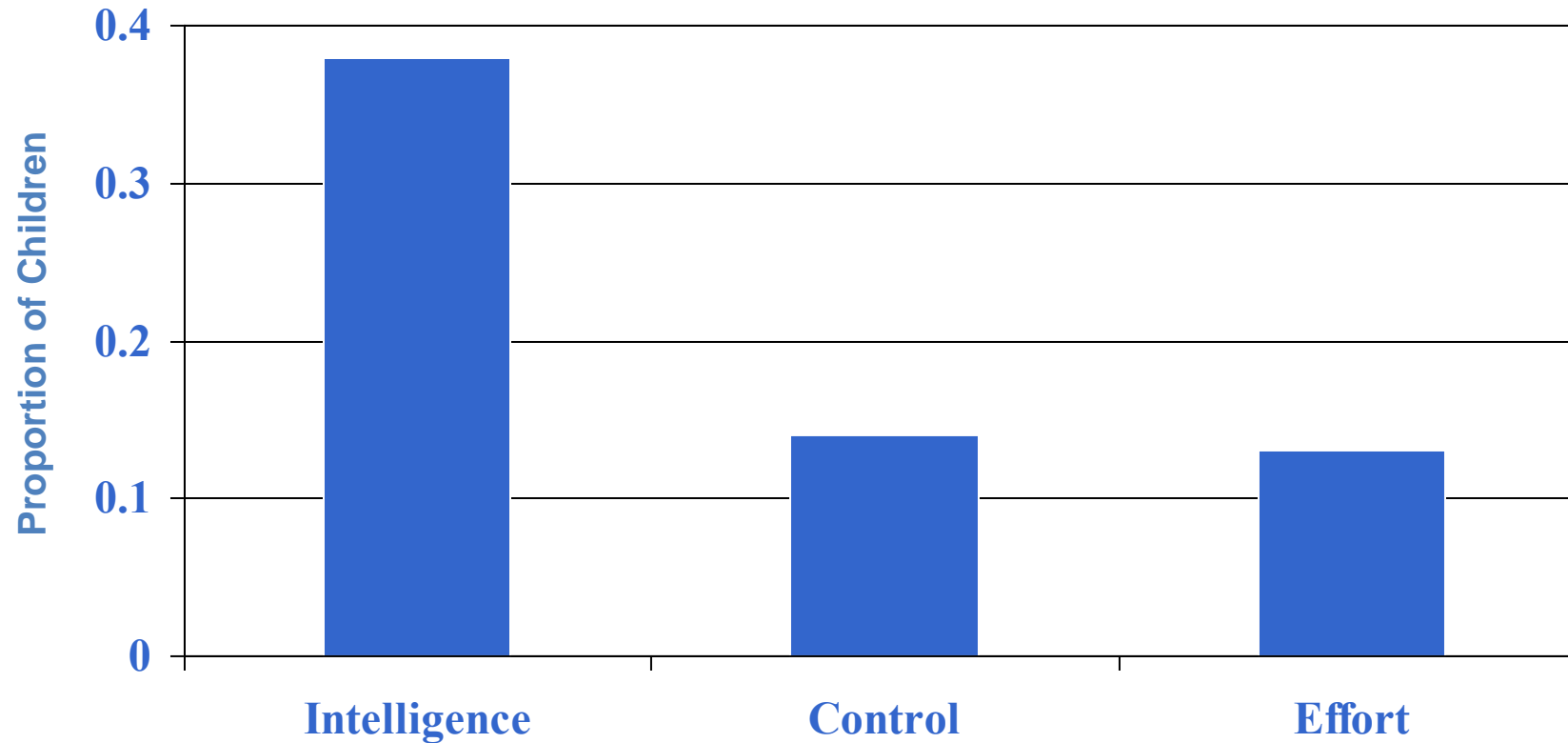


# Problems solved correctly





# Lying: Students who misrepresented their scores



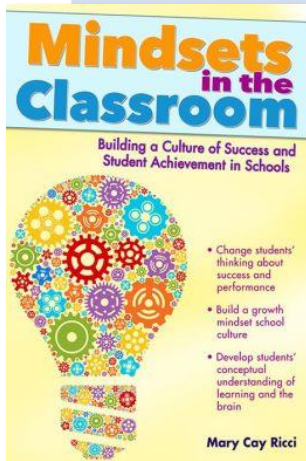
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# Person Praise vs. Process Praise

Do Not Say	Do Say
You are really athletic!	You worked really hard and pay attention when you are on that field!
You are so smart!	You work hard in school and it shows
Your drawing is wonderful; you are my little artist.	I can see you have been practicing your drawing; what a great improvement!
You are a great athlete. You could be the next Pele!	Keep practicing and you will see great results!
You always get good grades; That makes me happy.	When you put forth effort, it really shows in your grades. You should be so proud of yourself. We are proud of you!



From Mindsets in the Classroom by Mary Cay Ricci ©2013



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# Recommendations

- Reflect on your own mindset
- Celebrate *challenge*
- Teach children the brain is *elastic*
- Praise the learning *process*!



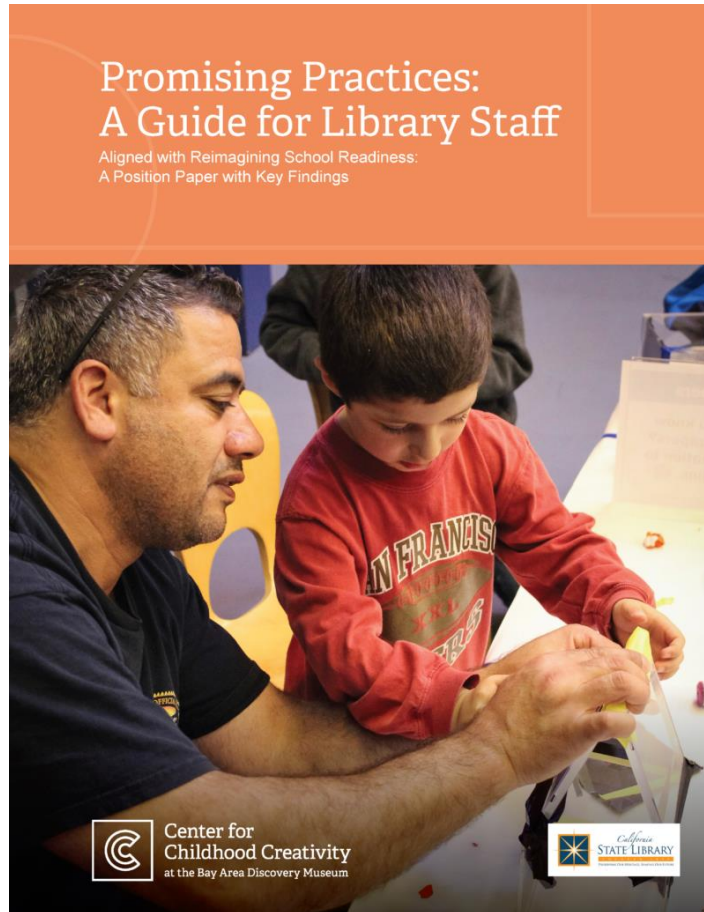
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# Reimagining School Readiness Toolkit



[http://bit.ly/CCC\\_toolkit](http://bit.ly/CCC_toolkit)

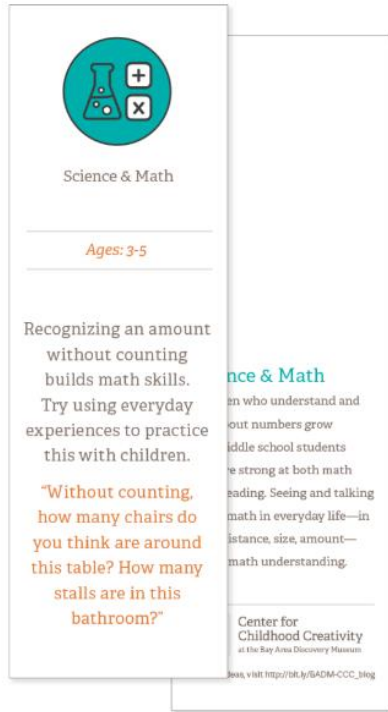


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# Upcoming Reimagining School Readiness Webinars



**Growth Mindset:** Wed., Dec. 5, 2018 @ Noon Pacific

**Key Findings from Research:** Thurs., Feb. 7, 2019 @ Noon Pacific

**Promising Practices:** Thurs., Mar. 21, 2019 @ Noon Pacific

**Toolkit Overview:** Wed., Apr. 17, 2019 @ Noon Pacific

For more information and to register: <http://bit.ly/SRWebinarSeries>



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Thank you for your feedback!

Please click on the link below to take a brief survey:

<https://www.surveymonkey.com/r/ELFCCCWebinarEvalDec2018>



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