School Readiness
Webinar Series, Part 1:
Growth Mindset

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Our mission is to transform research into early learning experiences that inspire creative problem solving.
“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
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.
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)
Intelligence & Ability

Fixed Mindset

Look smart at all costs

Growth Mindset

Learn at all costs
If you have to work hard, you’re not smart

Working harder makes you smarter

Fixed Mindset

Growth Mindset
WHAT HAPPENED TO YOU?

HOBBS AND I HAD A FRANK EXCHANGE OF IDEAS.

WHAT ARE YOU DOING? HOMEWORK??

I WASN'T SURE I UNDERSTOOD THIS CHAPTER, SO I REVIEWED MY NOTES FROM THE LAST CHAPTER AND NOW I'M REREADING THIS.

YOU DO ALL THAT WORK?!

WELL, NOW I UNDERSTAND IT.

HUH! I USED TO THINK YOU WERE SMART.
Setbacks

Fixed Mindset

Give up, become defensive

Growth Mindset

Show resilience
After setbacks...

Fixed Mindset

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

I would try to cheat on the next test.

Growth Mindset

I would work hard in this class from now on.

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Why Mindset Matters: Study 1

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?
Research shows that intelligence is malleable
Dr. Marian Diamond found:

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

You can change your brain by growing more connections among neurons.
Neural pathways grow like forest pathways
Neural pathways grow like forest pathways
Neural pathways grow like forest pathways
Creating neural pathways
How are you growing your brain?
So what? Impacts of mindset
So what? Impacts of mindset
How do you respond to challenges?
“I’m struggling!”
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?
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!
- Who tried something new today? How did it go?
- Challenge? Bring it on!
- Can you feel your brain growing?!
- When I think “I can’t”... I just say “not yet”...
- Let’s talk about what was hard today. What can we learn from it?
“I quit! I can’t do this.”

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

When Sophie Thinks She Can’t...

Your FANTASTIC ELASTIC BRAIN

Stretch It, Shape It

By JoAnn Deak, Ph.D.

Illustrated by Sarah Ackerley

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Praise Process

You must be really smart!

You must have worked really hard!
Why Praise Matters

<table>
<thead>
<tr>
<th>Intelligence Praise</th>
<th>Effort Praise</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Wow, that’s a really good score. You must be smart at this.”</td>
<td>“Wow, that’s a really good score. You must have tried really hard.”</td>
</tr>
</tbody>
</table>

Control Group

“Wow, that’s a really good score.”
Lying: Students who misrepresented their scores
<table>
<thead>
<tr>
<th>Do Not Say</th>
<th>Do Say</th>
</tr>
</thead>
<tbody>
<tr>
<td>You are really athletic!</td>
<td>You worked really hard and pay attention when you are on that field!</td>
</tr>
<tr>
<td>You are so smart!</td>
<td>You work hard in school and it shows</td>
</tr>
<tr>
<td>Your drawing is wonderful; you are my little artist.</td>
<td>I can see you have been practicing your drawing; what a great improvement!</td>
</tr>
<tr>
<td>You are a great athlete. You could be the next Pele!</td>
<td>Keep practicing and you will see great results!</td>
</tr>
<tr>
<td>You always get good grades; That makes me happy.</td>
<td>When you put forth effort, it really shows in your grades. You should be so proud of yourself. We are proud of you!</td>
</tr>
</tbody>
</table>

From Mindsets in the Classroom by Mary Cay Ricci ©2013

Mindsets in the Classroom

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Recommendations

• Reflect on your own mindset
• Celebrate *challenge*
• Teach children the brain is *elastic*
• Praise the learning *process!*
Reimagining School Readiness Toolkit

Promising Practices: A Guide for Library Staff
Aligned with Reimagining School Readiness: A Position Paper with Key Findings


Time to Try

Use your time near a computer station to ask children questions like, "If our family is going to use the computer for 60 min, how can you divide the time equally between family members?"

"I notice you colored the skip givers." Acknowledges something without judgment.

"I wonder how we could make the car move slower." Shows curiosity and a desire to learn more.

"Tell me more about your design." Encourages a child to express their ideas.

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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

Thank you for your feedback!

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

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