

# Mindset-C. Dweck

## Reflection & Connection

The idea of Growth Mindset is absolutely amazing research. The idea that simply exposing students to Growth Mindset can have a positive impact on their thinking and performance is truly inspiring and hopeful. I have worked extremely hard to change my phrasing and actions over the last few years since being exposed to this idea. I had a conversation with my sister-in-law one night about growth vs. fixed mindset language when we were out to eat and she told my son he was 'smart'. I asked her not to call him 'smart' and offered a different approach to compliment him...I had her hooked. We had a good conversation about the research that was done by Dweck (more so I told her what I knew and had been doing with my students) and its impact on children's psyche. I half expected her to dismiss the idea as soft and too touchy-feely but she really had an open mind about what I was saying and I even noticed her catching herself and rephrasing things (at least in my presence) a few weeks later.

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## Notes

- give and take relationship between genes and the environment.
- experience, training, and personal effort matter
- research shows that people are terrible judges of their abilities; these people are usually those with a fixed mindset because growth mindset individuals are open to their abilities being subpar and malleable
- Fixed mindsets hold their abilities as their identity and neither can be changed. Failure is an identity and not in action
- GM understand growth is possible
- GM cope with depression through determination
- being smart and putting forth effort is not an either-or situation. Can have both.
- ever is so terrifying to people with a fixed mindset because it robs them of their excuses and greatness is not supposed to need effort.
- growth versus fixed mindset is not either or. You can be growth in one area and fixed and another.
- many of the FM would rather not try or exert effort than look dumb and try.
- just because some people can do something with no training doesn't mean people can't do it with training
- ability can get you to the top, but character is what keeps you there

- GM=growing and learning, view mistakes as opportunities for growth
- those with a fixed mindset let positive and negative labels, including stereotypes, effect their performance no matter their actual ability
- praising children's intelligence harms their motivation and performance
- avoid praise that focuses on their intelligence or talent
- you can praise as much as you want for growth oriented processes: practice, study, persistence, and good strategies
- those in a GM are not constantly evaluating themselves against new information

Simply exposing

Simply exposing A person to a growth mindset can change their life