

# Growth Mindset

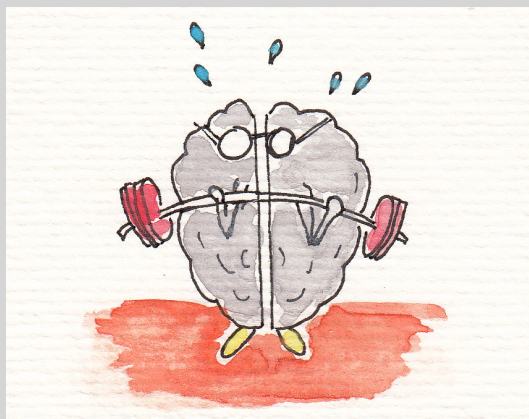
## A tip-sheet on fostering Growth Mindset

### What is Growth Mindset?

**Growth Mindset** is the belief that intelligence, as well as abilities, can be developed through dedication and hard work. Individuals with a growth mindset put less importance on appearing smart and focus more on learning. They strive to face challenges with the view that they can overcome them through effort.

**Fixed Mindset** is the belief that intelligence is fixed and therefore cannot grow. Individuals with a fixed mindset believe that talents are innate gifts and that talent alone creates success, not effort.

Source: Dweck, C. (2016, January 13). What Having a "Growth Mindset" Actually Means. Retrieved from <https://hbr.org/2016/01/what-having-a-growth-mindset-actually-means>



### Why is promoting Growth Mindset important?

Promoting youth's growth mindset is important because it helps keep them motivated. Those who have this mindset believe improvement is possible through effort, motivating them to continue trying even when facing challenges. It is common and expected for youth to face some difficulty when tackling problems, but the important factor in success is for them to continue working through these difficulties. A growth mindset will also allow youth to feel more comfortable sharing ideas and participating in discussions. It prevents students from perceiving learning settings as a threatening space as they are not worried about proving their abilities to avoid appearing "dumb."

Source: MINDSET. (n.d.). Retrieved from <https://mindsetonline.com/whatisit/about/>

# Tips for Fostering Growth Mindset

## 1. Be mindful of your own mindset.

If we want students to develop a growth mindset, we must model the behavior of someone who has this mindset. Make a habit of showing your students how you would solve a problem, through effort and perseverance. For example, you may say: “This problem looks really tough, but I am going to try my best. First, I need to create a plan. Hmmm. I think I am going to draw a visual here. I’ll try an area model.” This shows them that by working through challenges, they will be able to reach success.



## 2. Hold high expectations for your youth.

Lowering expectations for your students not only affects their motivation and engagement, but it also affects the way they view themselves (self-concept). If students notice you simplify problems for them because you may think they won't be able to find the correct answer, they may interpret this interaction as their incapability of finding the answer. Instead, you should allow your students to struggle and “get stuck,” with the expectation that they are capable.

## 3. Be aware of how you praise students.

Often we make the mistake of praising students only when they reach the correct answers. However, it is important to praise students for making a good effort, taking the correct steps, and for persevering through difficult problems.

## 4. Take time to reflect (including errors).

Celebrate the process including making mistakes. Mistakes are valuable because they are opportunities to learn. For example, you may say: “Thanks for sharing! I see where you were going with this. I think many other students may have the same misconception, so you are helping us. How could you have done this part differently?” Normalize making mistakes to create a more open and comfortable environment.

# Additional Sources

1. Bryan, J. (2015) One key difference in math achievement: Jason Bourne and entity orientation. Renaissance. Retrieved from: <https://www.renaissance.com/2015/07/06/one-key-difference-in-math-achievement-jason-bourne-and-entity-orientation/>
2. Dweck, C. (2014) Carol Dweck: The power of believing that you can improve. *TED*. Retrieved from: [https://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve)
3. Dweck, C. (2015) Carol Dweck Revisits the 'Growth Mindset'. Education Week. Retrieved from: <http://www.edweek.org/ew/articles/2015/09/23/carol-dweck-revisits-the-growth-mindset.html>
4. Peck , S. (2019, February 12). Why a Growth Mindset is Essential for Learning. Retrieved from <https://learn.onemonth.com/why-a-growth-mindset-is-essential-for-learning/>
5. Popova, M. (2018, September 23). Fixed vs. Growth: The Two Basic Mindsets That Shape Our Lives. Retrieved from <https://www.brainpickings.org/2014/01/29/carol-dweck-mindset/>
6. Sebag-Montefiore, L. (2018, May 17). Why it is Important to Develop the Growth Mindset. Retrieved from <https://theundercoverrecruiter.com/growth-mindset/>
7. The Importance of Mindset. (n.d.). Retrieved from <https://www.skillsyouneed.com/ps/mindsets.html>