

Notes:

MINDSET

BY CAROL DWECK

what is mindset?

difference between fixed and growth

effective praise

classroom tips on growth mindset

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<http://tinyurl.com/itimindest>

| Fixed Mindset | | Growth Mindset |
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| <ul style="list-style-type: none">• Innate• Unchanging | SKILLS | <ul style="list-style-type: none">• Result of hard work• Can always improve |
| <ul style="list-style-type: none">• Something to avoid• Will reveal lack of skill• Overwhelm | CHALLENGES | <ul style="list-style-type: none">• Embrace• Opportunity to change• Calls for perseverance |
| <ul style="list-style-type: none">• Not necessary• Linked to being not good enough | EFFORT | <ul style="list-style-type: none">• Essential• Leads to mastery |
| <ul style="list-style-type: none">• Produces defensiveness• Personalized | FEEDBACK | <ul style="list-style-type: none">• Useful and positive• Welcomed• Identify areas to improve |
| <ul style="list-style-type: none">• Blame others, not my fault• Easily discouraging | SETBACKS | <ul style="list-style-type: none">• Opportunities to learn from• Focus on making changes |

CoachCher