

# GROWTH MINDSET LANGUAGE

## Beginning of the year:

- I expect great things from all of you, and I am here to guide you in your learning and growth.
- Mistakes are expected and valuable – We can all learn from them.
- I am so glad I made that mistake, because I learned...
- I have high standards, and I know that you can meet them.

Preface critical comments with: The comments I provide are quite critical, but I hope helpful. Remember, I wouldn't go to the trouble of giving you this feedback if I didn't think, based on what I've seen from you so far, that you are capable of meeting the higher standard I mentioned.

## At the start of a new lesson:

- I know you have the ability to learn this, so we're going to set the bar high.
- You haven't even scratched the surface of what you can do if you put your mind to it. I'm holding you to it."
- I'm going to push you guys, because I know that if you stretch yourself, you can all do amazing work.

## When students succeed through effort:

- I'm so proud of the effort you put forth in order to improve your grade... (make the team, stay on task, complete your homework, get along with your fellow student, etc.)
- Congratulations, you really used great strategies for studying, managing your time or behavior, etc.

## When students face disappointment or failure:

- OK, so you didn't do as well as you wanted to. Let's look at this as an opportunity to learn.
- What parts did you do well in? What parts were difficult for you?
- What did you do to prepare for this? Is there anything you could have done differently?

## When students succeed with little effort:

- It looks like your skills weren't really challenged by this assignment. Let's look for ways you can challenge yourself more.
- It's great that you have that skill down. Now we need to find something a bit more challenging, so you can grow.

### General Growth Mindset Language/Posters:

- Let's make even better mistakes tomorrow!
- Mistakes are always welcome here!
- Persevere!
- You CAN grow your brain!
- I can get smarter!
- I take on challenges!
- I work hard!
- I use good strategies!
- I don't give up!

*Adapted by Beth Bacon from: [www.mindsetworks.com](http://www.mindsetworks.com)*

## 2 “MINDSETS” ABOUT INTELLIGENCE:

### Fixed Mindset

*Intelligence is static:*

People have a given level of intelligence, and it can't be changed.

Success and therefore a positive self image are achieved by performing well and looking smart.

*Desire to look smart and a tendency to:*

Avoid challenges

Give up easily

See effort as worthless

### Growth Mindset

*Intelligence can be developed:*

People can develop their intelligence. The brain is like a muscle that can be exercised and strengthened.

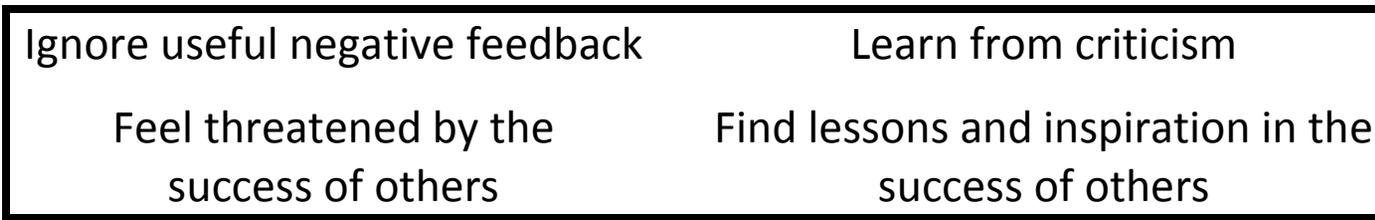
Success and therefore a positive self image are achieved by learning and growth through effort.

*Desire to learn and a tendency to:*

Embrace challenges

Persist in the face of setbacks

See effort as the path to mastery



As a result, they may plateau early and achieve less than their full potential.

*Confirms a **deterministic view of the world.***



As a result, they reach ever-higher levels of achievement.

*Gives them a **greater sense of free will.***

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# GROWTH MINDSET → SUCCESS

