

GROWTH MINDSET!

March 2023 – presented by Dana Sheridan, M.A., LPC



Sometimes
the struggle
is REAL!

Can the way we think about ourselves and our abilities shape our lives?

THINKING...

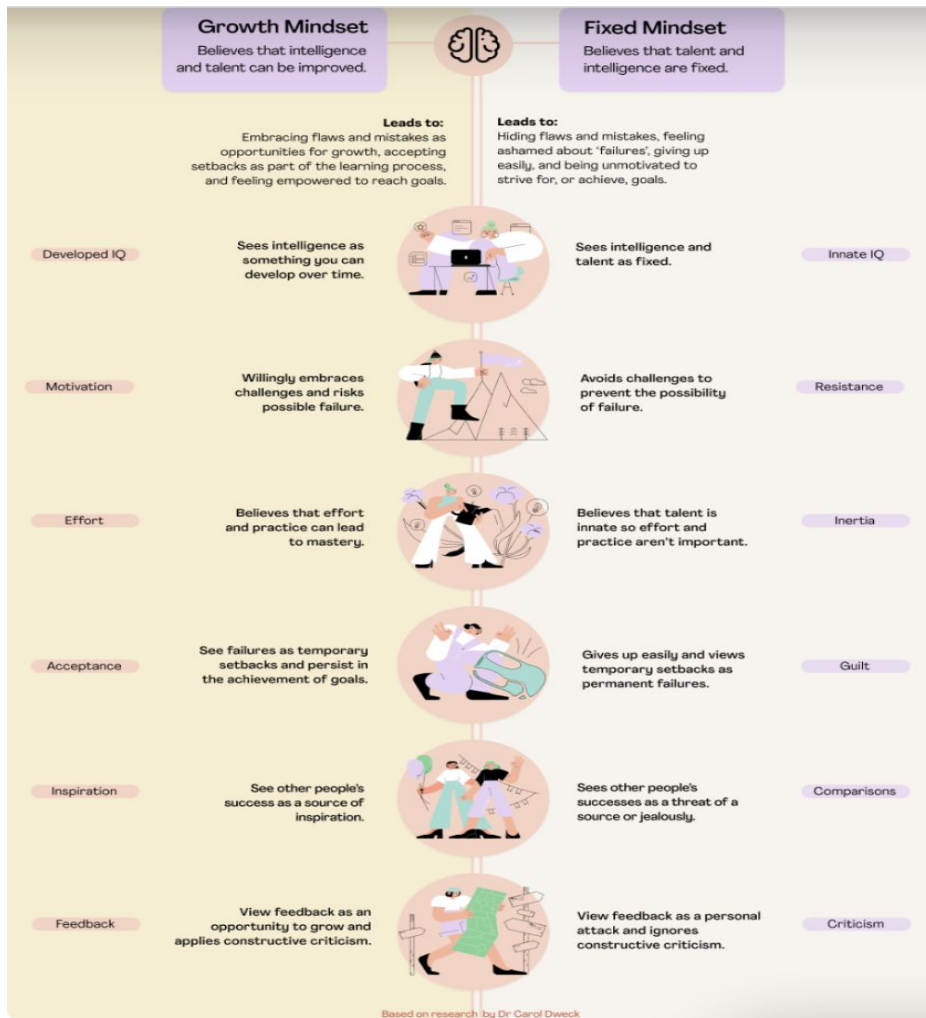


ABSOLUTELY!



The way we think about our intellect and talents...

- affects the way we feel
- affects what we achieve
- determines whether we stick to new habits or if we will go on to develop new skills



Dr. Carol Dweck = guru!



A GROWTH MINDSET MEANS...

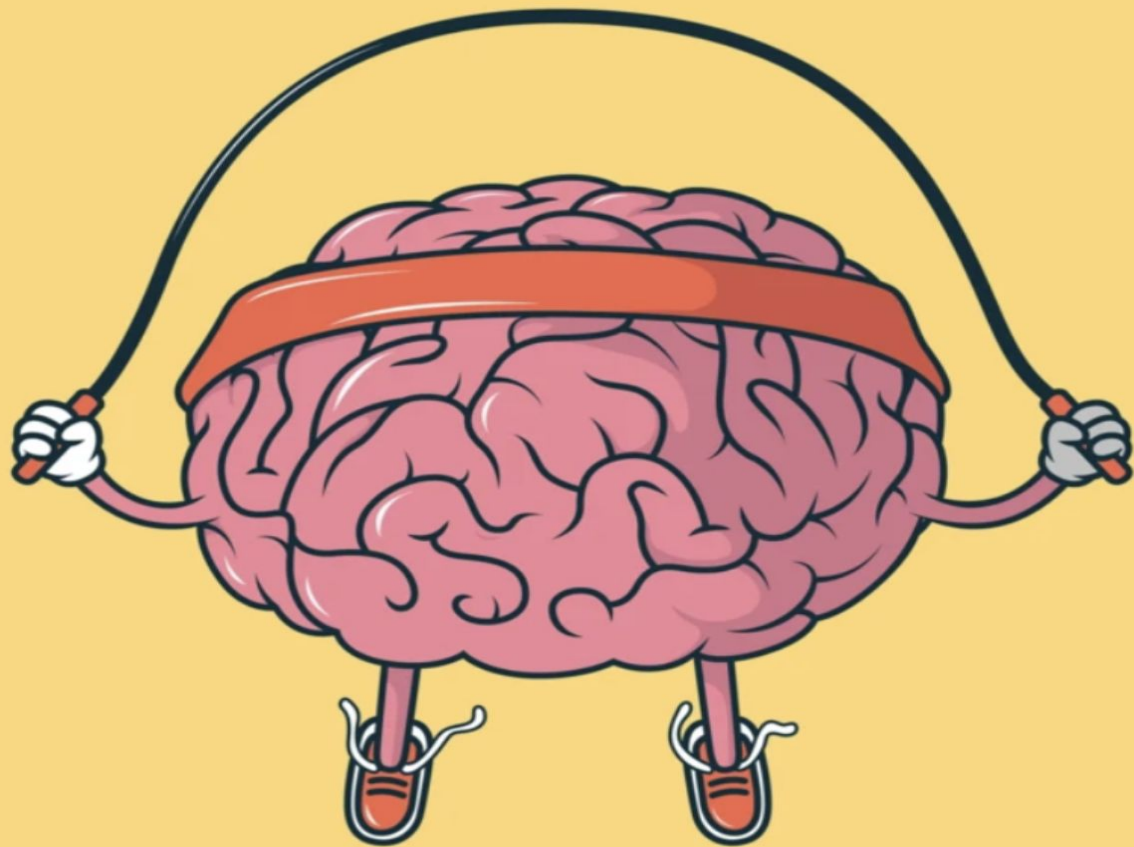
- your intelligence and talents can be developed over time



A FIXED MINDSET MEANS...

- you believe intelligence is “fixed”—so if you’re not good at something, you might believe you’ll never be good at it







Khan Academy

REGARDING ABILITIES...

1. *Your intelligence is something that you can't change very much.*
2. *You can learn new things, but you can't really change how intelligent you are.*
3. *No matter how intelligent you are, you can still change a bit.*
4. *You can always substantially change how intelligent you are.*

If you strongly agree with statements **1 and 2**, you are more **fixed** in your thinking.

Agreeing with statements **3 and 4** suggests you adopt more of a **growth mindset**.

REGARDING PERSONAL QUALITIES...

1. *You have certain personal qualities, and there is little you can do to change that.*
2. *No matter who you are, you can always change substantially.*
3. *You may change how you do things, but you can't change the essential elements of who you are.*
4. *You can always change the basic things about who you are.*

Statements **1 and 3** suggest a **fixed mindset**,

while **2 (in particular) and 4** indicate you have a **growth mindset**.



CHARACTER TRAITS ASSOCIATED WITH A GROWTH MINDSET...

- Courage!
- Perseverance!
- Resilience!
- Grit!
- Risk-Taking!
- Curiosity!





THE POWER OF YET!



WHAT WOULD THE WORLD BE LIKE IF THE FOLLOWING PEOPLE HAD A FIXED MINDSET?

➤ **Thomas Edison**

- Famous Quote: "Many of life's failures are people who did not realize how close they were to success when they gave up."

➤ **Steve Jobs**

- Famous Quote: "Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

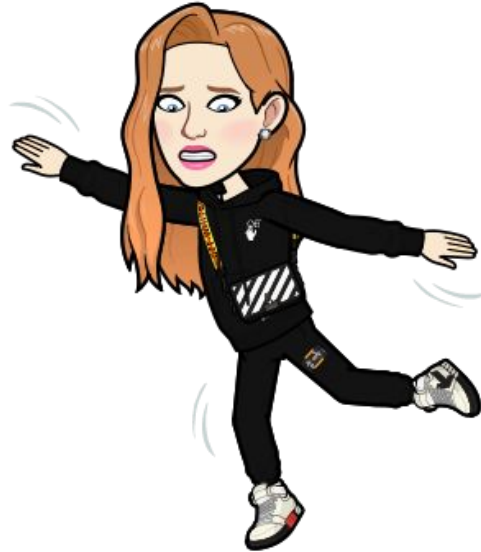
➤ **Walt Disney**

- Famous Quote: "We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."



**FAILURE CAN
TEACH US LESSONS
THAT SUCCESS
CANNOT.**

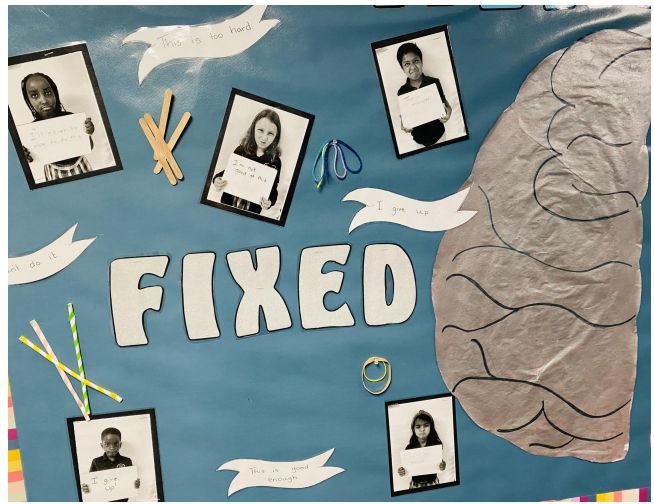
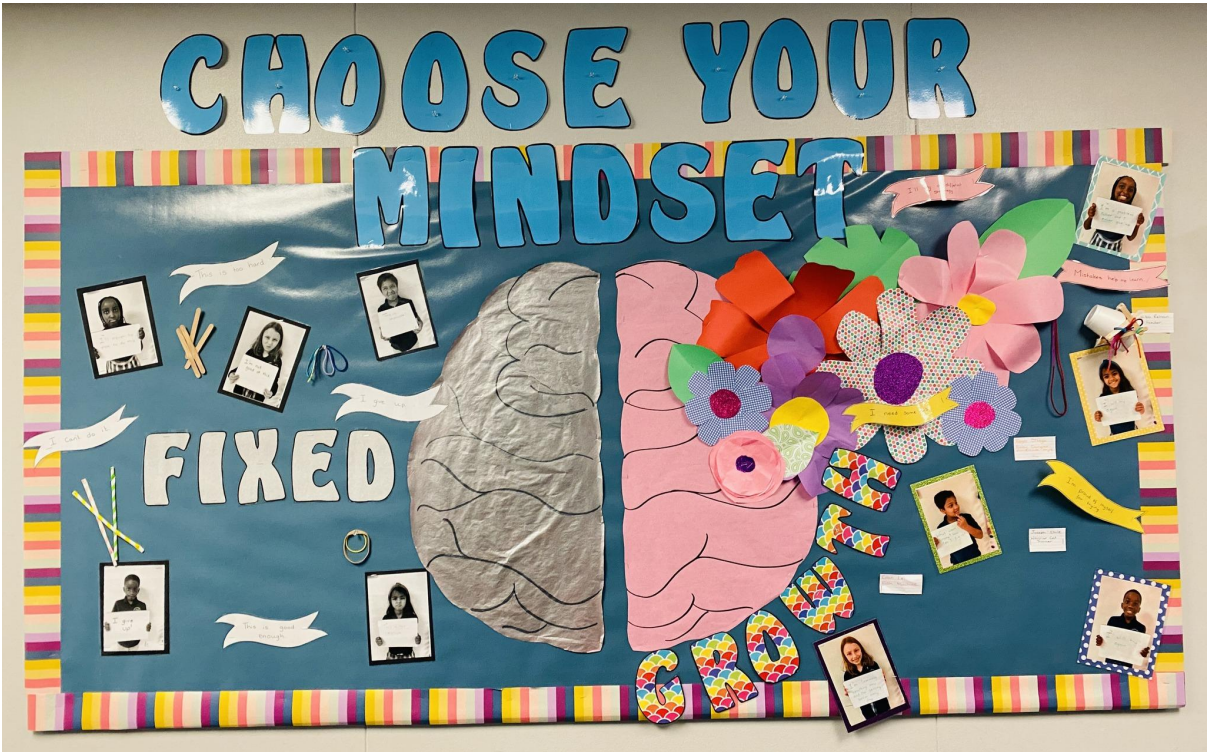
As a parent, the trick is to find a balance...
Not helping enough can be handicapping and helping too much can also be handicapping!



PARTNER TURN & TALK...



- What is one thing you can remember you “failed” at?
- Why did you fail?
- What did your brain say to you when the going got tough?
- What could you have said to your brain to have more of a growth mindset?





SUCCESS

I WILL DO IT

I CAN DO IT

I'LL TRY TO DO IT

HOW DO I DO IT?

I WANT TO DO IT

I CAN'T DO IT

I WON'T DO IT

Changing Thoughts

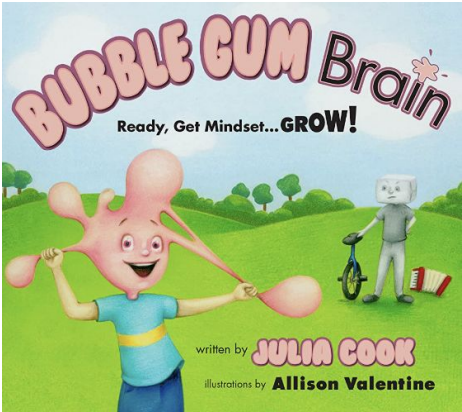
What are some negative thoughts that you are having about a situation? What are some positive thoughts you can have instead?

The worksheet is designed for a cognitive-behavioral exercise. It consists of four rows, each representing a different situation. Each row contains two cloud-shaped boxes connected by a large, light gray arrow pointing from left to right. The left cloud is intended for negative thoughts and is surrounded by several red minus signs. The right cloud is intended for positive thoughts and is surrounded by several blue plus signs. The clouds are empty, allowing the user to write their thoughts.

Name: _____

Growth Mindset

Change Brick Brain's negative talk into Bubble Gum Brain's positive talk!



Exit Ticket!



 Brick Brain	 Bubble Gum Brain
This is way too hard.	<hr/> <hr/> <hr/>
I'm never going to learn this!	<hr/> <hr/> <hr/>
Today is going to be terrible.	<hr/> <hr/> <hr/>
I stink at this!	<hr/> <hr/> <hr/>

Bonus: List other things a Bubble Gum brain may say on the back of this paper!

okay,
Byeee!

