



**Reaching Out
Connecting Globally**

GROWING FOR SUCCESS

November 2019 PG Village/National Distance Learning Week



“We like to think of our champions and idols as superheroes who were born different from us. We don’t like to think of them as relatively ordinary people who made themselves extraordinary.”

~ Carol Dweck

GROWTH MINDSET

The belief that we are in control of our skills, that they can be developed and improved, that we have the capacity to learn and grow.

FIXED MINDSET

The belief that our skills are set, that we have what we have and we do not have the capacity to change and learn.

Source: Carol Dweck as interpreted by TheLearningLab.com

FIXED MINDSET

MINDSET

CHARACTERISTICS

GROWTH MINDSET

SKILLS ARE BORN
YOU CAN'T LEARN & GROW

BELIEFS

SKILLS ARE BUILT
YOU CAN LEARN & GROW

PERFORMANCE & OUTCOMES
NOT LOOKING BAD

FOCUS

THE PROCESS
GETTING BETTER

KEYS TO GROWTH

NOT NECESSARY
NOT USEFUL



USEFUL
WILL LEAD TO GROWTH

BACK DOWN & AVOID
FRAME AS A THREAT



EMBRACE & PERSEVERE
FRAME AS AN OPPORTUNITY

HATE THEM & GET DISCOURAGED
TRY TO AVOID MAKING THEM



USE THEM TO LEARN
TREAT THEM AS OPPORTUNITIES

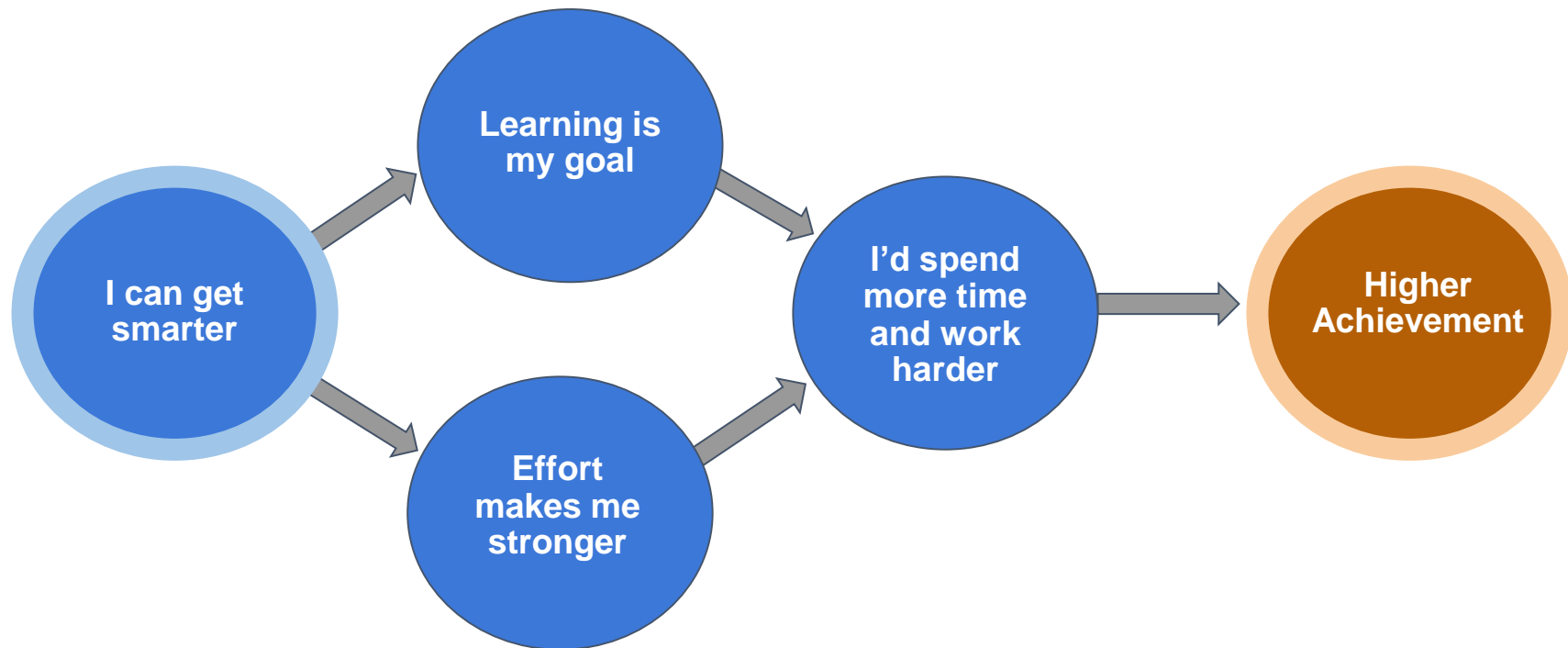
NOT HELPFUL
GET DEFENSIVE & TAKE PERSONALLY



USEFUL INFORMATION
APPRECIATE IT & USE IT TO GROW

Source: www.trainugly.com (2016)

A Growth Mindset Drives Motivation and Achievement



Source: Blackwell, Trzesniewski and Dweck (2007)

Research Pipeline Studies

Control: Students in this condition read and wrote about how the brain works. This condition was intended to control for time on task, engagement, and thinking about the brain in general.

Growth Mindset 1.0: Students in this condition did a reading and writing activity that led them to hold the belief that intelligence and ability are malleable.

Growth Mindset 2.0: Students in this condition also did a reading and writing activity that led them to hold the belief that intelligence and ability are malleable, but it emphasized the importance of effort for growing the brain, and contained multimedia elements that were expected to increase engagement with the message.

Self help advice abounds

Eight ways to increase
your intellectual
capacity

Ten ways to
immediately increase
your intellectual
capacity

Five ways to
increase your IQ

How to grow
intellectually:
Some quick
tips

Nine ways to
grow
emotionally

???????



What should we do?

Sleep more, up to a point



What should we do?



Exercise more,
up to a point

What should we do?

Eat more
vegetables:
probably no limit
here



What should we do?



Learn a language,
an instrument, a
new activity

What should we do?

Go against the
grain



What should we do?



Always, always,
think of another
way

What should we do?

Do things the hard
way



What should we do?

Interact with
people who aren't
like us













Questions

