



Growth Mindset

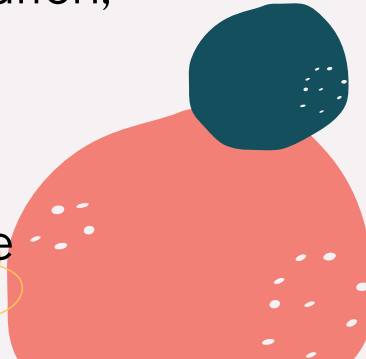
Changing your point of view


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Early Childhood Education



NAEYC Standard


4. Using Developmentally Effective Approaches

- a. Identifies positive relationships and supportive interactions as the foundation of working with young children.
 - b. Uses effective strategies and tools for early education, including appropriate uses of technology.
 - c. Employs a broad repertoire of developmentally appropriate teaching/learning approaches.
 - d. Implements reflective practice to promote positive outcomes for each child.
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Where does your mindset come from?

Your **Mindset**: “a set of assumptions, methods, or notations held by one person or a group of people”

- Your mindset plays a crucial role in the way you react to changes throughout everyday life
 - Your mindset is shaped through experiences throughout early life, and by modeling from those around you
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Carol Dweck: Founder of the Growth Mindset

- Dweck is an American psychologist who focused her research on mindset psychology in the 80's
- Dweck's goal was to disprove the concept that intelligent people are born smart
- Dweck offers programs that train teachers and parents to implement the growth mindset into their work with children




The two main types of mindsets

Fixed Mindset

People with a fixed mindset believe that qualities such as intelligence and talent are fixed, and cannot be improved upon.

Growth Mindset

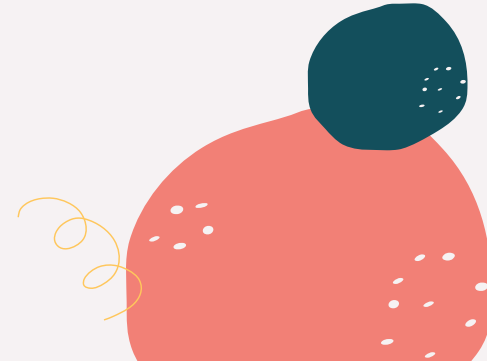
People with a growth mindset believe that qualities we may possess or hope to possess can be improved upon through commitment and the willingness to grow.



The two big types of challenges

1. **A challenge that relates to something in your life that could have been predicted.**
For example: a bad test score

2. **A challenge that comes out of nowhere and interrupts your life.**
For example: an injury OR a pandemic



Type 1: challenges in everyday life

Possible Scenarios Include...

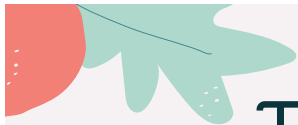
- Failing a test or getting a bad grade
- Losing a game
- Fighting with someone you care about
- Having an off day
- Having a bad start to your day
- Struggling to learn something
- A child in your center having an off day

Two very different reactions to a bad test score...

Growth Mindset: reviews the test to see what they did wrong, study the material to better understand their mistakes, revise if possible, and feel that knowing what they did wrong will help them to grow as a learner.

Fixed Mindset: feels defeated by the test score, and rather than reviewing the test to improve upon their score, they might shove it away. Often people with fixed mindsets see one failure as a prediction of future failures, and believe it they will never improve.





Type 1 challenges in child's day...



- Accidentally knocking over a tower that they worked really hard on
- Not understanding an activity
- Not feeling like they can't do an activity for whatever reason
- Not being invited to play with Other children in the center
- Not getting to share something at circle
- Fighting with another child
- Having difficulty expressing what they want to adults
- Another child has something they want


Two children's reactions to... their block tower falling over



Fixed Mindset: This child might accidentally knock over their tower and feel instantly defeated. They might cry, become moody, or leave the block area all together. This seemingly small inconvenience could put them in an upset mood all morning.

Growth Mindset A child with a growth mindset may still be disappointed about their tower falling over, but this child will begin building the tower once more, or even something entirely new. The key difference is that this inconvenience does not “ruin” the child’s morning.






Type 2: challenges that come out of Nowhere... possible scenarios

- A serious injury
- An illness
- A car accident
- The weather causing cancellations
- A pandemic
- Having a more important commitment come up
- A family emergency

Note: The difference between type 1 and type 2 is that type 1 challenges are scenarios that you have control over, while type 2 challenges are scenarios that you have very little to no control over. Control can be either in preventing the challenge, or in recovering from it!



Reactions to weather canceling an event

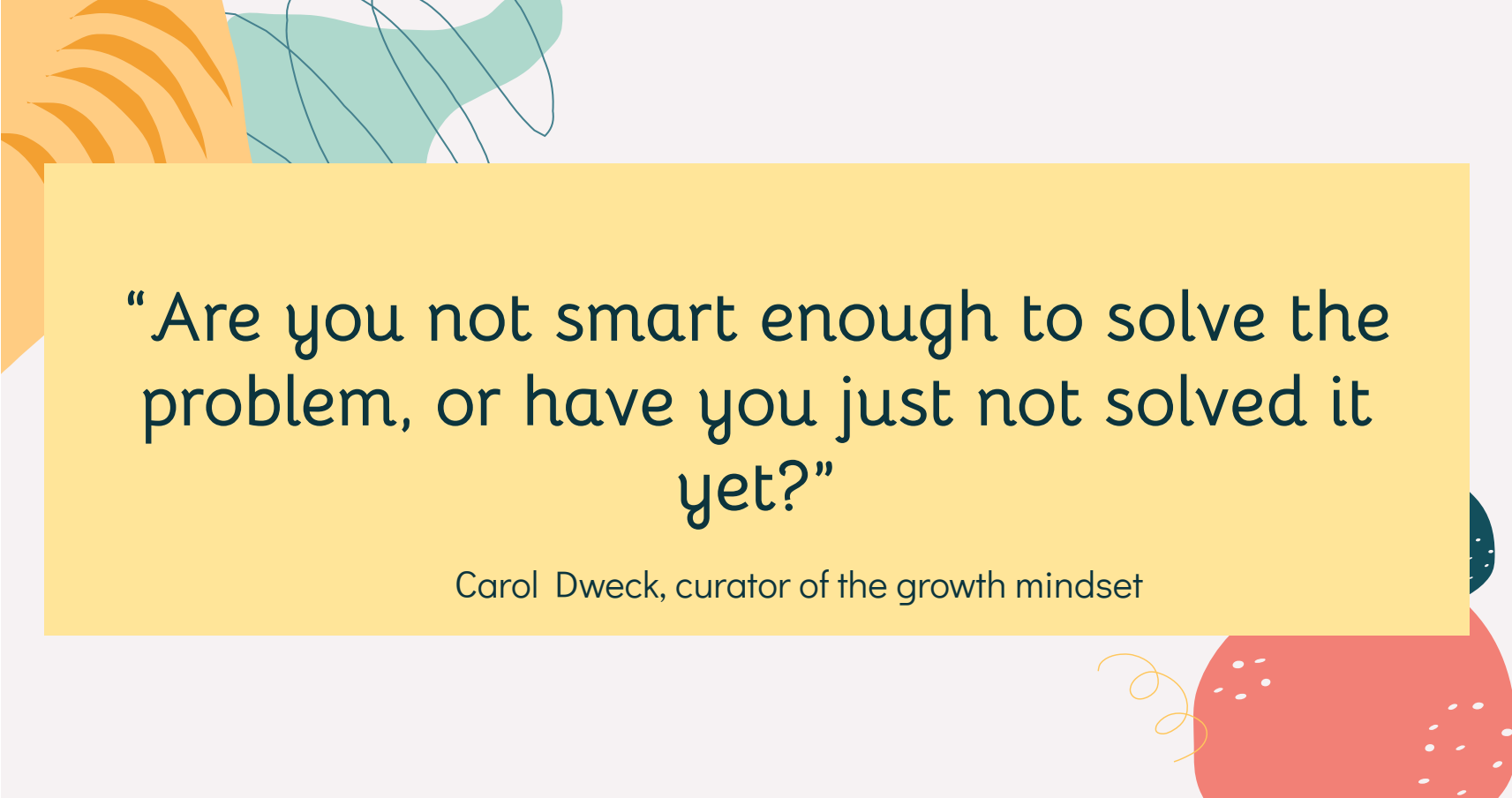
Fixed Mindset: feels so upset that they don't replace the canceled event with anything enjoyable. They instead allow the challenge to ruin their piece of mind.

Growth Mindset: while still disappointed about the cancellation, they find new enjoyable things to fill their new free time. Rather than dwelling on their own sadness they turn that feeling into productive energy.



Remember...

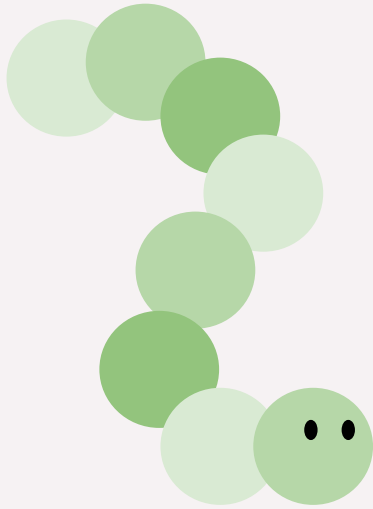
Having a growth mindset doesn't mean never being upset by a challenge. It means making the best of your situation, and encouraging your own growth.



“Are you not smart enough to solve the problem, or have you just not solved it yet?”

Carol Dweck, curator of the growth mindset

How does a fixed mindset hold you back? _____



People with a fixed mindset...

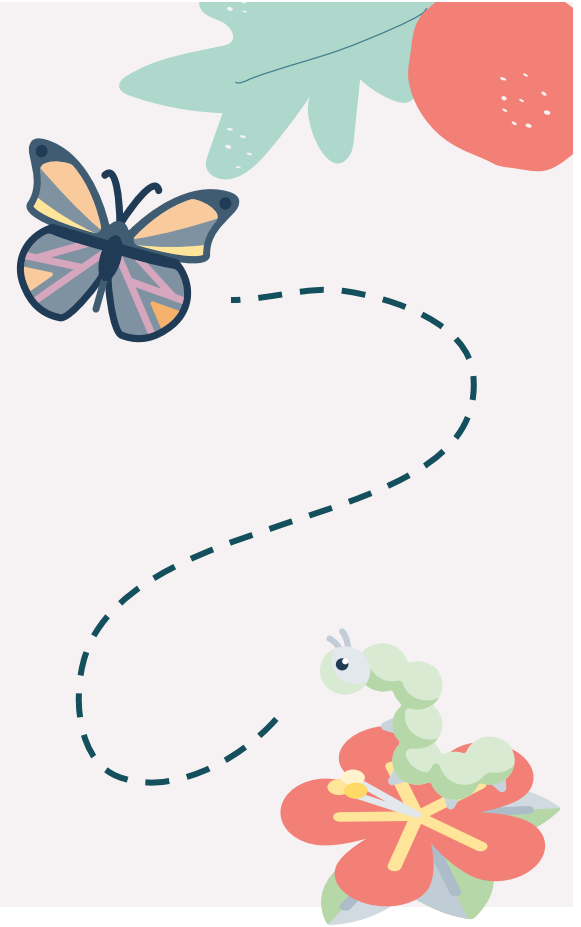
- Experience self doubt
- Crave the approval of others
- Experience increased anxiety and often depression
- Find it difficult to focus on their health and happiness
- Have a difficult time enjoying their learning



How does a growth mindset help you to flourish?

Growth Mindsets...

- Create a desire to learn
- Fuel intrinsic motivation
- Reduce the presence of anxiety and depression
- Help individuals to take positive risks, and make choices that will help them grow
- Help individuals be happier & healthier





Ways to support growth!



Remember: it can be hard to start building a growth mindset, because a person with a fixed mindset doesn't think they can change!

Ways to support your own growth mindset...

- Give yourself time, and have patience!
 - Don't only be open to feedback, but be a feedback seeker!
 - Advocate for your own growth and learning
 - REFLECT! Think back on your day, lesson, interaction, conversation etc.
 - Remember there will always be days when we all have a fixed mindset, and that's just being human
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Helpful Takeaways:



- Building a growth mindset is likely not something you will accomplish overnight, these things take time.
- Having a fixed mindset doesn't mean you're worse than someone with a growth mindset, it just means you have more growing left to do!
- Having the ability to turn negative situations into positive experiences will be incredibly useful throughout the rest of your lives, and it is definitely something we can all utilize starting right now.