



Growth Mindset

Materials:

- Worksheet

Brainstorm

Have students complete the Mindset Survey on the worksheet. When done, they should count the total number of points.

Discuss

Raise your hand if your total score was 5 or less. How many of you have 5-8 points? Did anyone get 9 or 10 points? That's great! Keep those numbers in mind as we begin to explore what they mean in this lesson. Today, we are going to be talking about having a growth mindset. Does anyone know what a growth mindset is? Accept student responses.

Dive in!

Explain to students: The concept of growth and fixed mindsets was developed by a psychologist named Carol Dweck. She describes a **growth mindset** as believing that we can develop skills and qualities through hard work and effort. When we have a growth mindset, we believe that failure and challenge are opportunities to learn. People with a growth mindset believe that outcomes are a result of their efforts, and they can improve upon their weaknesses with practice. Those of you who scored above a 5 probably have a growth mindset - and that's great news! Dweck describes a **fixed mindset** as believing that we inherit our intelligence and abilities and there's nothing we can do to change how smart, creative, or athletic we are. People who have a fixed mindset believe that they can't improve their weaknesses. Those of you who got a score of 5 or less may have a fixed mindset. But the good news is that you can change your mindset!

Activity

For this activity, students can work independently, in pairs, or in groups. Have them read the scenarios on the worksheet and answer the questions that follow. When students are finished with both scenarios, call on volunteers to share their responses.



High School

Reflect

Have students respond to the question individually on the worksheet. If time permits, call on student volunteers to share their responses. Describe an area of weakness for you. How can you approach this weakness with a growth mindset?

Optional Home Connection → Have students share the mindset survey with family members and help them identify their mindset. You can also share the family resources from Mindset Works: <https://www.mindsetworks.com/parents/growth-mindset-parenting> to help instill a growth mindset at home.

Professional Development

Take 5 minutes and reflect on your own mindset. Do you have a fixed or growth mindset? How can you demonstrate a growth mindset?

For Further Study:

- Mindset Works: *What's My Mindset?*
<https://blog.mindsetworks.com/what-s-my-mindset>
- TED: Carol Dweck: *The Power of Believing You Can Improve*
https://www.ted.com/speakers/carol_dweck
- Understood.org: How to Develop a Growth Mindset
<https://www.understood.org/articles/en/growth-mindset>