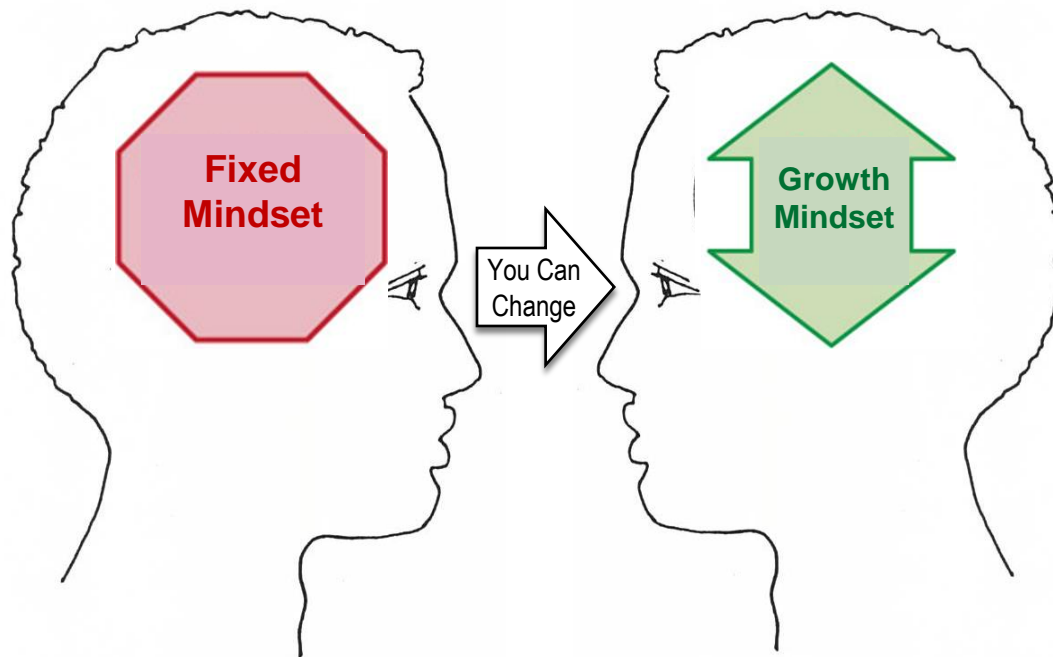


Growth Mindset

Changing your mindset: the secret to being a successful student and scientist.



Mindset Defined

Mindset is a mental attitude that determines how you will respond to a situation.

There are two different mindsets.

1. *Fixed Mindset*

2. *Growth Mindset*



Fixed Mindset vs. Growth Mindset

Fixed Mindset

I believe my intelligence does not change. My potential is determined at birth.

- Avoids Challenges
- Avoids Failure
- Gives Up Easily
- Effort is Futile
- Ignores Criticism
- Others Success Threatens

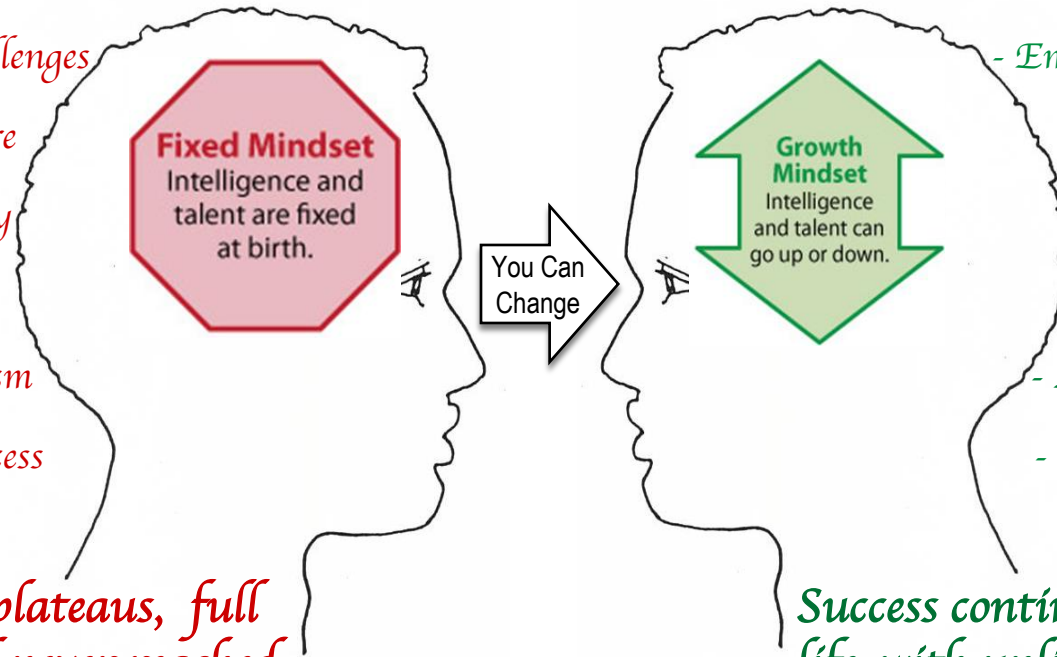
Success plateaus, full potential never reached.

Growth Mindset

I believe my intelligence can be continuously developed. My true potential is unknown.

- Embraces Challenges
- Learns by Failure
- Persists in Setbacks
- Effort is Rewarded
- Learns from Criticism
- Others Success Inspires

Success continues throughout life, with unlimited potential.





Neuroplasticity

Neuroplasticity: The brain's ability to reorganize itself by forming new neural connections throughout life.

- Your brain is adaptable and pliable like soft plastic. It is not hardwired or fixed, it can be rewired.
- Your emotions, habits and traditional ways of thinking and doing create well established neural pathways or connections in your brain.
- The more you think in a certain way, you strengthen these neural pathways, and thinking that way in the future becomes easier and natural; thus, creating your attitudes and behaviors.
- If you choose to change and think about something differently, learn a new task, or embrace a different emotion, you create “new” neural pathways.
- If you keep using these “new” neural pathways, by continuing to think different, do a new task or embrace different emotions, this new way of thinking and doing becomes second nature. New attitudes and behaviors consequently develop.
- With this new nature or way of thinking, the neural pathways for the old unwanted way of thinking get used less and weaken. In other words, you just don't think and behave the old way you use to. This process of rewiring your brain by forming new neural pathways and weakening old ones is neuroplasticity in action.
- This is how “You Can Change.”



Mindset Activities

1. Now that you have determined your mindset score (i.e. Strong Growth, Growth with Some Fixed, A Little Fixed/A Little Growth, Fixed with Some Growth, or Strong Fixed), do you think this is accurate?
2. Where in your life can you recognize fixed mindsets, and where are you demonstrating a growth mindset? In answering this question, be as specific as you can and identify specific examples.
 - a. What made you come to this conclusion?
 - b. What evidence supports that?
 - c. How does it feel to become aware of these specific thought patterns, behaviors and/or attitudes?
 - d. What can be some strategies or thought patterns to improve or change?
 - e. How will you execute this plan for practicing, learning and/or changing?
 - f. Do you believe you can succeed at this? Because I know you can.

How to Develop a Growth Mindset

1. Focus on the process.

- 😊 Praise your efforts during the process.
- 😊 Realize hard work is the key, and learn.

2. View challenges as opportunities.

- 😊 Remember failure, criticism and hard times are fantastic opportunities to grow and learn.
- 😊 Face your setbacks.

3. Saying is believing.

- 😊 Continuously remind yourself about how successful you will be with a growth mindset.
- 😊 Remember to tell yourself and others your intelligence.



New Ways You Might Choose to Think



Instead of Thinking...	Try Thinking and Saying...
This class is hard	This class will take more time
I'm ready to give up	I'll go about it a different way
This is my best	I can always improve
This is a mistake	Mistakes help me learn
I can't do this	I am going to rewire my brain
I tried, it didn't work	So I will try Plan B
I'm not smart enough	I will persist and learn
My classmate did it	I will learn from them

Quotes from Successful People with a Growth Mindset

Albert Einstein

- “It’s not that I’m so smart, it’s just that I stay with problems longer.”

Michael Jordan

- “I’ve missed more than 9,000 shots. I’ve lost almost 300 games. 26 times I’ve been trusted to take the game winning shot and missed. I’ve failed over and over again in my life. And that is why I succeed.” “I can accept failure, everyone fails at sometime. But I can’t accept not trying.

Nelson Mandela

- “Do not judge me by my successes, judge me by how many times I fell down and got back up again.”

President Barack Obama

- “Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”