



Growth Mindset

Process-focused Pedagogy

A workshop for Kindergarten teachers
by Carla Montie

*ECED 531B: 97A: Supporting Young Children's Social
Emotional Learning in ECED programs*



Land Acknowledgement

I would like to acknowledge that I am a student studying at UBC, which is located on the traditional, ancestral, and unceded territory of the Musqueam people. I would also like to give acknowledgement to the First Nations traditional territory where I live, play, and work.

Pemberon, British Columbia – Lil'wat First Nation – located on the traditional, ancestral, and unceded territory of the St'at'imc people.



Welcome!

Why are we here?

1. To learn how we can develop Growth Mindset to enhance both our personal and our professional lives.
2. To learn how to help our students develop Growth Mindset to support them in at school, at home, and in life.

Workshop Rationale:

Developing a Growth Mindset can help us acquire skills, including grit, resilience, optimism, and gratitude; needed to navigate an increasingly complex world and live the best life we can live!



AGENDA

1. What are mindsets?
2. What mindsets do we have?
3. Why is Growth Mindset Valuable?
4. Research
5. Educational Implications
6. Connections to Practice: brain, language, books, play and process, goal setting, mistake making.
7. Final Challenge!
8. Now What!? Where do we go from here...??

What is Growth Mindset?

ACTIVITY:

GROWTH MINDSET



FIXED MINDSET





process dedication
improve mistakes
motivation effort
optimism change
GROWTH MINDSET
grow learn develop grit resilience
new gratitude hard work
overcome determination
challenge success take risks
persistence
opportunity



Where did this all begin?

- ★ Carol Dweck is a psychology professor at Stanford University.
- ★ Mindset model is a cognitive psychology model.
- ★ Explains how people perceive intelligence and ability.
- ★ Mindset impacts behaviours and experiences of learning and life.

Fixed Mindset = Entity Theory

- ★ Views ability and intelligence as innate and immutable.

Growth Mindset = Incremental Theory

- ★ Views ability and intelligence as malleable through effort.

What is your Mindset?

According to Dweck's mindset model (2006):

- ★ 40 % of the general population have fixed mindsets.
- ★ 40 % of people have growth mindsets.
- ★ 20 % are in between the two, with no clear mindset.
- ★ Mindsets affect how we learn, grow, and develop.
- ★ Fortunately, Growth Mindset can be cultivated!





ACTIVITY: What Mindset do you have?

To what extent do you agree or disagree with these statements:

TRUE / YES

Don't know / UNSURE

FALSE / NO

1. Intelligence is something people are born with and that can not be changed.
2. No matter how smart you are, you can always learn more.
3. You can change how you learn, what you think, and what you do.
4. You are the way you are and there is nothing you can do to change that.
5. You can always change the basic things about the kind of person you are.
6. Musical talent can be learned by anyone if they practice and put in time and effort.
7. Only a few people will be good at sports - you have to be “born with it.”



Why is Growth Mindset Valuable?

- ★ The neural connections in our brains are malleable so they can adapt, change, grow, and become stronger.
- ★ This happens when we struggle, work to overcome challenges, do things that are hard for us, and correct mistakes.
- ★ Extant research shows that individuals with a growth mindset have higher levels of success than those with a fixed mindset.
- ★ Growth mindset can benefit growth, development, learning.
- ★ Growth mindset can help us achieve personal satisfaction, success, health, happiness, and well-being.
- ★ Growth mindset can help us acquire valuable skills, including grit, resilience, optimism, and gratitude.

A Growth Mindset Drives Motivation and Achievement



Blackwell, Trzesniewski & Dweck (2007) *Child Development*



What does the Research say?

Williams (2020):

This paper reviewed research about mindset to apply it to adult students at college, finding links between growth mindset and academic success.

This research review found that growth mindset is cultivated in adults by:

- ★ Learning about the brain and how it grows and changes during learning (neuroplasty).
- ★ Facilitating a sense of belonging in the classroom.
- ★ Praising students for effort and process, not ability and outcome.

Why is this important?

Can we use this information to improve our own mindsets?



What does the Research say?

Rissanen, Kuusisto, Tuominen, & Tirri (2019):

- ★ This article creates a framework for growth mindset pedagogy.
- ★ It explores critical points that are needed for it to be successful.
- ★ It provides valuable recommendations for educators.

The core features of growth mindset pedagogy include:

1. Supporting student's individual learning processes.
2. Promoting mastery orientation.
3. Persistence.
4. Fostering students' process-focused thinking.



Educational Implications

According to Yeager & Dweck (2012):

- ★ Mindsets can be altered by educational interventions.
- ★ Interventions have long term positive effects on motivation and achievement.
- ★ Educators play a critical role in supporting interventions.

Can Growth Mindset be used as a strategy to support all students?

- ★ In an increasingly complex World, with diverse needs in communities and classrooms, teaching can be challenging profession.
- ★ Many teachers report feelings of stress, anxiety, and burnout.

Can Growth Mindset be used as a strategy to help teachers thrive professionally and personally?



Connections to Practice

What can we do to cultivate a growth mindset classroom culture?

We can:

- ★ Learn about the Brain's Neuroplasticity
- ★ Use Language and The Power of "Yet"
- ★ Use Play and Focus on the Process
- ★ Connect to stories
- ★ Use Goal Setting
- ★ Celebrate Mistakes and use them to learn



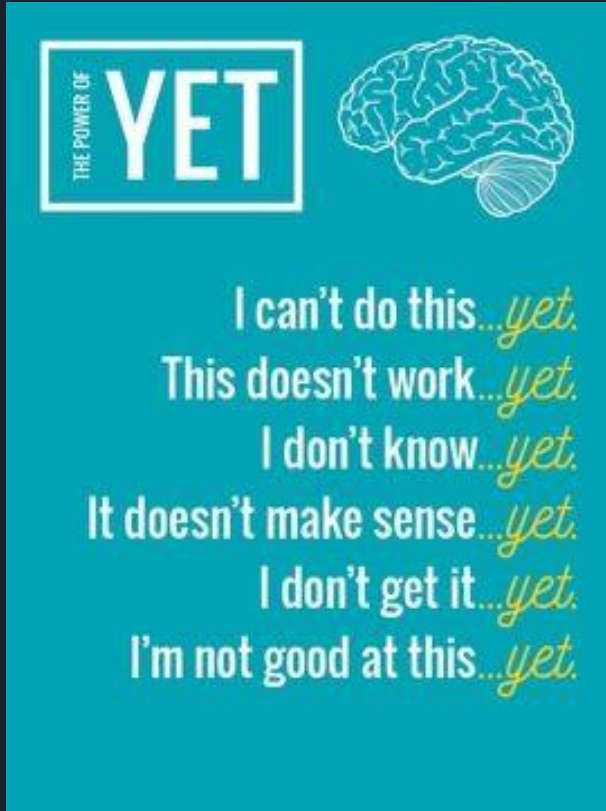
We Can: Learn about the Brain!

- ★ Our bodies and our brains are extremely flexible and malleable.
- ★ Our brains are like muscles and get stronger when exercised.
- ★ Our brains strengthen and grow when we learn new things, practice skills, and struggle to solve problems and overcome challenges.
- ★ Our brains are changing and creating new neural pathways.
- ★ Training our brains isn't always easy - it takes hard work and can be uncomfortable. But learning to work through this can be rewarding!

Here is a great video about the brain:

<https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities/your-brain-and-growth-mindset/v/learnstorm-growth-mindset-the-truth-about-your-brain?modal=1>

We Can: Use Praise and The Power of Yet!



- ★ Language can promote growth mindset in your classroom.
- ★ It is important to be mindful of the words we use and to use language to celebrate growth mindset values.

Educators can:

- ★ Use (Proper) Praise to communicate a value in effort.
- ★ Use the power of “yet” to focus on the value of learning as a process.

...to shift the focus, language, and culture
in your class community!

Activity: The Power of Yet Sharing Circle

What is something you CAN do?



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What is something that you CAN'T do?

What is something that you can't do...YET?

We Can: Read and Connect to Stories

- ★ Reading books are powerful ways for children to learn and connect to concepts through relatable characters and stories.
- ★ This is something simple that we can all do.
- ★ Utilize books that showcase values that are important to you, including resilience, optimism, gratitude, etc.
- ★ Exclude books that don't reflect these values!

One of my favourite books about Growth Mindset:

The Most Magnificent Thing: By Ashley Spires

<https://www.youtube.com/watch?v=AhDtfp72gMA>





More books about Growth Mindset

Rosie Revere, Engineer - By Andrea Beaty

Your Fantastic Elastic Brain: Stretch It, Shape It - By JoAnn Deak

The Dot - By Peter H. Reynolds

What do you do with a Problem? - By Kobi Yamada

What do you do with an Idea? - By Kobi Yamada

Thanks for the Feedback, I Think... - By Julia Cook

The Bad Seed - By Jory John

Salt in His Shoes: Michael Jordan in Pursuit of a Dream - By Deloris Jordan



And more books about Growth Mindset!

Beautiful Opps! - By Barney Saltzberg

The Girl Who Never Made Mistakes - By Mark Pett

Bike on Bear - By Cynthea Liu

The Book of Mistakes - By Corinna Luyken

How to Catch a Star - By Oliver Jeffers

The OK Book - By Amy Krouse Rosenthal

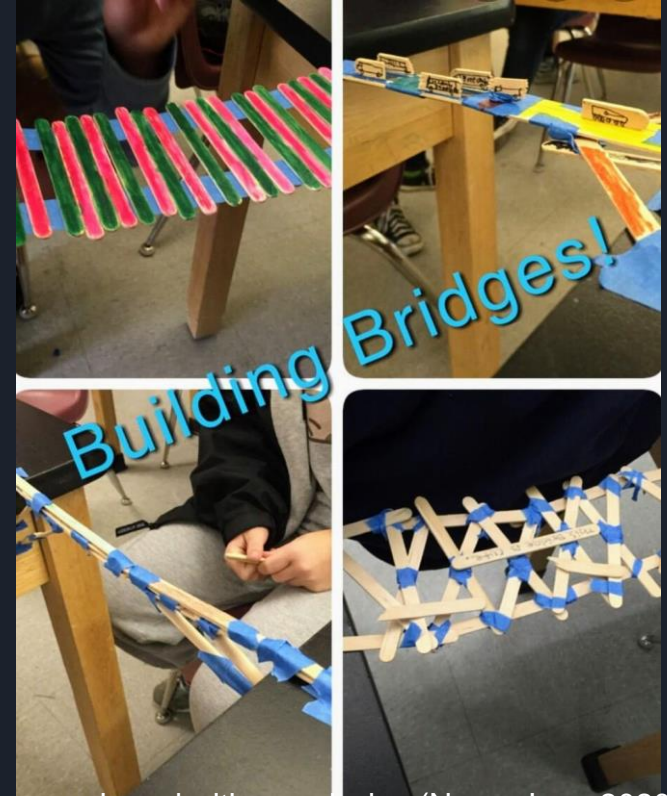
Jabari Jumps - By Gaia Cornwall

Making a Splash: A Growth Mindset Children's Book - By Carol E. Reiley

We Can: Play and Focus on the Process

- ★ Shift our focus from outcome to process oriented.
- ★ Provide opportunities for play-based learning and exploration.
- ★ Play is a fun, social, and engaging way to learn.
- ★ Play is a motivating and safe way to take risks, overcome challenges, learn from mistakes.
- ★ Skills learned in play can transfer other realms.

ACTIVITY:



We Can: Use Goal Setting

- ★ Engage in, and help students engage in goal setting, personal reflections, and re-evaluations.
- ★ Observe, document, and display Growth Mindset: display goals, learning, and growth.
- ★ Make sure your goal is: S - M - A - R - T

S - Specific

M - Measurable

A - Actionable

R - Realistic

T - Time



We Can: Celebrate Mistakes

Hooray for mistakes!



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- ★ Mistakes can be adventures of discovery.
- ★ We can turn mistakes into learning opportunities.



Final Challenge!

FIXED MINDSET	GROWTH MINDSET
I can't do this	
I am awesome at this	
I just don't get it	
It's good enough	
My plan didn't work	
I give up	
This is too hard	
She is so smart	



Resources

- ★ Great website for Growth Mindset lesson ideas:

Kahn Academy:

<https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities>

- ★ Great story read out loud websites:

Storyline Online:

<https://www.storylineonline.net/>

The Indianapolis Public Library: <https://www.indypl.org/blog/for-parents/free-video-read-alouds>



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Now What?

*“Everyone has inside them
a piece of good news.
The good news is you don’t
know how great you can be!
How much you can love!
What you can accomplish!
And what your potential is.”*

- Anne Frank

Where do we go from here?



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Questions and Comments

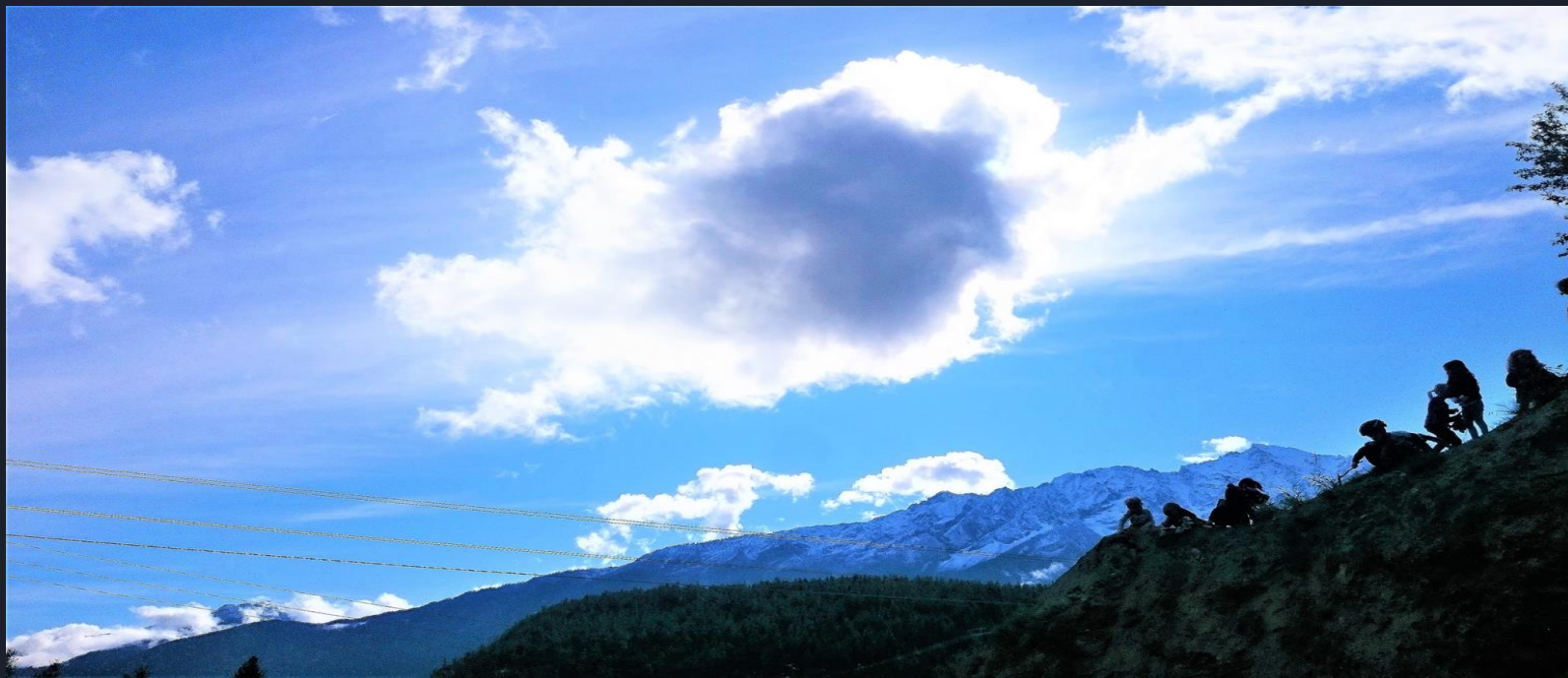


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