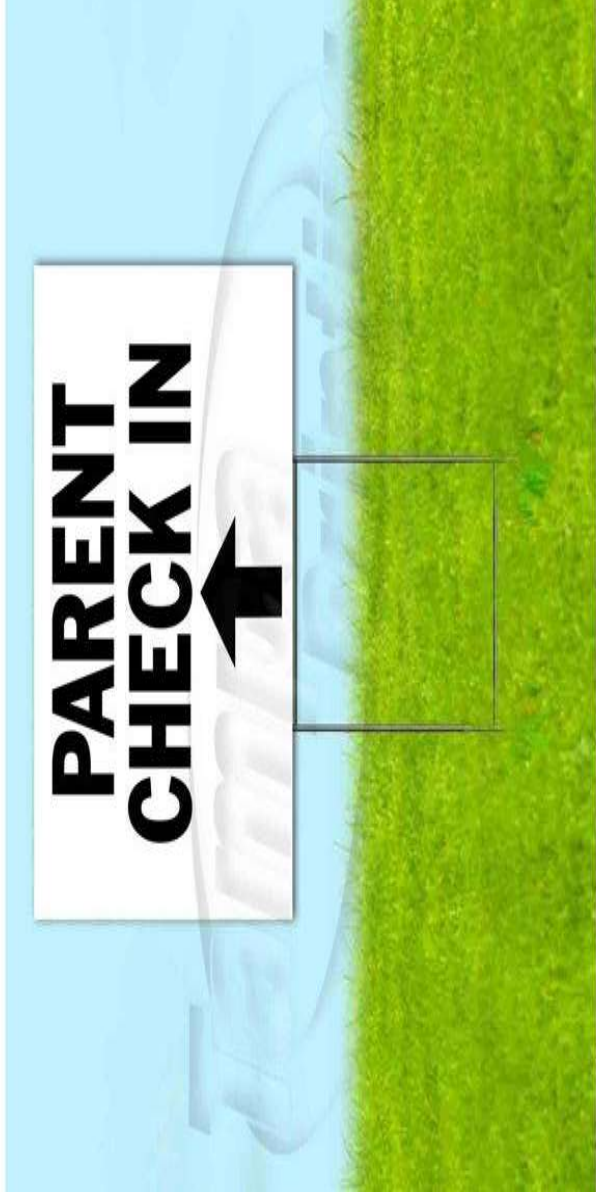


GROWTH MINDSET AND STUDENT SUCCESS

**Helping Students Overcome the Hurdles
They May Face in Learning Today and
Develop the Necessary Skills to Persist**



- How Do You Feel After 18 Months in the Pandemic?
- What Adjustments Are You Having to Make In Order to Ensure That Return to School Is Smooth?
- Are You Taking Time to Give Yourself Credit for All That You Have Done to Maintain A Sense of Normalcy During the Pandemic?

School Is Certainly Not the Same As Before the Pandemic

- At least 300,000 Georgia students have had their school schedules disrupted because of COVID-19, with some districts taking days off, some shifting to every-other-day schedules and some sending home individual schools or grades.
- Only about half of Georgia's public schools have mask mandates, and three weeks into the school year outbreaks have prompted quarantines that are upending students' lives.
- Students are having to adjust weekly and many times daily to school changes due to COVID-19. As a result, students may be struggling.

Why Growth Mindset is Important

- During the pandemic, teachers across all age groups have discovered that a growth mindset is absolutely pivotal to student success.
- Students who have a growth mindset do not get as frustrated by stumbling blocks, because they believe that through hard work and perseverance they will accomplish their end goal.
- Students with a growth mindset are more resilient. They tend to see mistakes as a chance to grow and seek out challenges as a way to build their brain power.
- Having a growth mindset where we praise students for hard work, rather than intelligence, will help to foster confidence that anything can be learned with the right amount of effort.

Mindset

Mindset is a person's beliefs regarding intelligence and whether or it is fixed or has the possibility to grow.

A person's mindset has "profound impacts on their motivation, learning, and school achievement" (Dweck, 2008).



Your mindset is a very powerful tool.

Growth MINDSET

What is it?

A pupil who has a Growth Mindset sees intelligence as something that can be developed through hard work and resilience.

The Benefits

Learners will:

- Welcome constructive feedback
- Be more willing to try difficult tasks
- Persist at a difficult task for much longer
- Experience less stress and improved wellbeing
- Have better self-esteem

Introducing Growth Mindset

These are four key areas to get you started:

Changing the way we praise
Rather than praising intelligence or cleverness, praise how hard your pupils are working, how hard they are trying, even if they don't succeed.

Realistic expectations
Set challenging but achievable expectations and communicate this effectively with your class.

Classroom culture
Create a culture that values learning and development rather than celebrating intelligence.

Positive mental attitude
Help your pupils to talk to themselves in a positive way so that they continue to try their best and work hard.

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WHY DO WE WANT STUDENTS TO HAVE A GROWTH MINDSET?

When students have a growth mindset, they are able to face challenges with a positive attitude, believe in themselves, feel that they can improve with effort, and enjoy the act of learning.



Growth VS. Fixed Mindset

Growth	Fixed
<ul style="list-style-type: none">• wants to improve intelligence or talent	<ul style="list-style-type: none">• wants to prove intelligence or talent
<ul style="list-style-type: none">• engages challenges to improve	<ul style="list-style-type: none">• avoids challenges for fear of failure
<ul style="list-style-type: none">• persists in overcoming obstacles	<ul style="list-style-type: none">• gives up in the face of tough obstacles
<ul style="list-style-type: none">• sees labor as the path to success	<ul style="list-style-type: none">• avoids hard labor
<ul style="list-style-type: none">• treats criticism as an opportunity	<ul style="list-style-type: none">• treats criticism as an attack

Growth Mindset and SEL Competencies

- Self-awareness
- Self-management
- Resilience
- Empathy
- Sense of Purpose
- Hope
- Social Awareness
- Relationships Skills
- Decision-making

Growth Mindset Examples for Students

- A student that asks for or seeks out a new way to understand something even when it doesn't work the first time.
- A student who is not be dissuaded when they don't understand.
- A student that always asks questions.
- A student that seeks out opportunities to be challenged.
- A student that is committed to being better everyday.

Help Students Internalize Growth Mindset Statements

- Since plan A didn't work I am going to move on to plan B.
- Can I do better than what I have already done?
- I will figure it out.
- I made a mistake and now I know what to do next time.
- I have the ability to learn anything.
- Even though I don't get it the first time, I am determined to learn how it.
- I have the ability to improve.
- This is hard but I am going to figure out how to make it easier.
- I ask for help whenever I need it.
- I embrace new challenges.

How Parents Can Support a Growth Mindset at Home

- Help your child(ren) see challenges as opportunities
- Instill the attitude *Try, try and try again*
- Help your child(ren) learn to enjoy the educational journey
- Celebrate growth
- Make sure that your child(ren) know(s) *You Can Do It!*



THANK
YOU!

...For Staying Ready to PIVOT As the
Situation Dictates!
Stay Safe and Be Blessed!!!