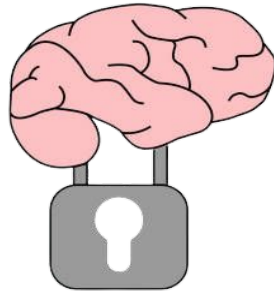
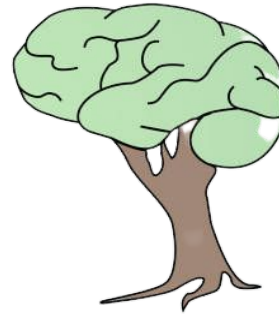


Grow with TtT: Teaching, Learning, and Growth Mindset



FIXED
MINDSET



GROWTH
MINDSET

April 28, 2021

Note to self #1

Think about a time when you learned something new.

What steps did you take to learn it?



Note to self #2

Think about a time when you struggled to learn something. How did it make you feel? What happened after your struggle?





**You Can Learn
Anything**



Khan Academy

mindset

/ˈmɪn(d)set/

noun

the established set of attitudes held by someone.
"the region seems stuck in a medieval mindset"

Thanks, Google!



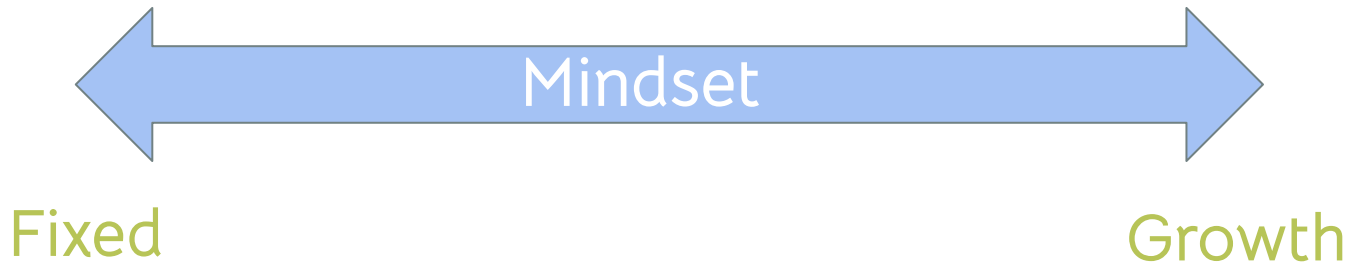
Mindset: Fixed vs Growth

→ talents and abilities
are fixed

→ “I’m not a ___ person...”

→ talent and intelligence
grow and develop

→ “If I work hard, I will get this...”



Where are you on the mindset continuum?




[Take quiz](#)

1 minute, 8 questions

<https://blog.mindsetworks.com/what-is-my-mindset>



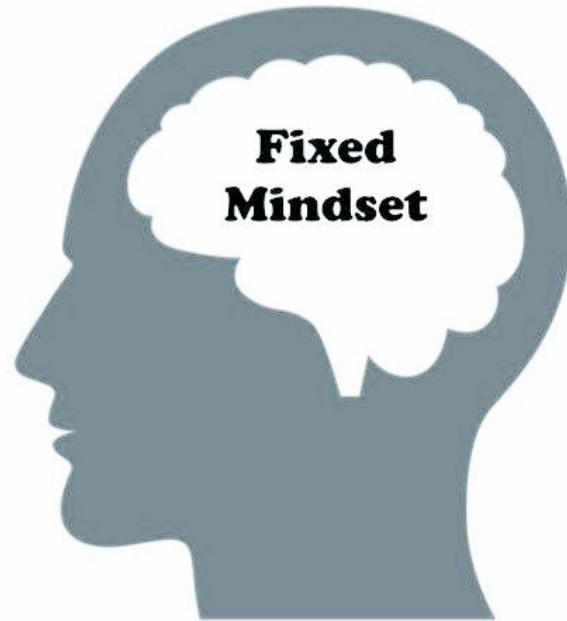
Breakout Time!

- Introduce yourself to your group members.
 - Were there any surprises in your Mindset Quiz results?
 - Was there a specific area - class, activity, etc..that you were picturing as you took the quiz?
- 

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

Breakout Discussion



Image by google

Introduce yourself to members of your breakout group. Share a time when you overcame a struggle in learning something. What strategies did you use?

- ▷ How did it make you feel?
- ▷ How did you overcome it?
- ▷ What did it teach you?

5 WAYS TO DEVELOP A GROWTH MINDSET

by @inner_drive | www.innerdrive.co.uk

- 1 Don't Rush to "I Can't"** When people start a new task, or are doing one that is very difficult, it is sometimes tempting to say "I can't do this" or "I can't be bothered". With a bit of effort, you might surprise yourself by how well you can do the task and how much you enjoy it.
- 2 The Power of "Yet"** This simple word can have a big impact. There is a huge difference between saying "I am not good at this" and "I am not good at this yet". By adding the word "yet", it suggests you may get there with some hard work and resilience.

3 Ask Yourself “What would I do differently next time?” This is a great question to ask after a setback. It stops you dwelling on the past and helps you reflect and focus on what you need to improve on in the future.

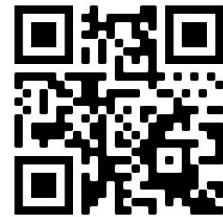
4 Failing Better Everyone experiences failure at some stage in their life. But can you fail better? This doesn't mean failing more often. One way to fail better is if you ask someone for feedback and then use it.

5 Try New Things Having a sense of curiosity and courage can be really helpful. It can help you learn new things. Sometimes new equals the unknown which equals scary. But it doesn't have to be this way. Sometimes new experiences can be the most rewarding and most exciting.

Upcoming TtT Event!

Notes from the Field: Hear from recent EECE grads about their experiences - in the field! Thursday, May 13 - 4:30 PM
Watch for email, information on the TtT website, and the TtT Slack channel! <http://bit.ly/tttjoinslack>

Please share your feedback about today's TTT Get-together! <http://bit.ly/qctttfeedback>



Join the TtT Slack Channel



1

Visit <http://bit.ly/tttjoinslack>

2

Enter your email address,
then click **Continue with email**

Join Transitions to Teaching on Slack

Start by choosing the Google account or email you use for work.



OR



3

Check your email for a **confirmation code**,
then enter your code



Check your email for a code

We've sent a 6-character code to @gmail.com. The code expires shortly, so please enter it soon.

 -

4

Enter your full name and a password,
then click **Create Account**.

Full name

Password



It's okay to send me emails about Slack.

By continuing, you're agreeing to our [User Terms of Service](#), [Privacy Policy](#),
and [Cookie Policy](#).

Additional Resources



[Developing a Growth Mindset with Carol Dweck](#)



[Blog Post on Growth Mindset](#)



[Growing Your Mind](#)



[John Legend: Success Through Effort](#)

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