Grow with TtT: Teaching, Learning, and 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?

Image credits: Clipart-library.com; Reddit.com
You Can Learn Anything

Khan Academy
mindset
/'mīn(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?

**Growth Mindset**
- 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.

**Fixed Mindset**
- 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.
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.innderdrive.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

Join the TtT Slack Channel

2. Enter your email address, then click Continue with email
3. Check your email for a confirmation code, then enter your code
4. Enter your full name and a password, then click Create Account.
Additional Resources

- Developing a Growth Mindset with Carol Dweck
- Blog Post on Growth Mindset
- Growing Your Mind
- John Legend: Success Through Effort
References


