



SAINT JOSEPH CATHOLIC HIGH SCHOOL
STRIVE Mini-Lesson
Mindset

Objectives: Students will

- define fixed and growth mindset
- determine their dominant mindset
- explore how to exhibit more of the growth mindset

Source: www.mindsetonline.com

Procedure:

If you have a Smartboard, you can view the Powerpoint. If not, follow the procedure below.

1. Read the information below.

Mindset is a simple idea discovered by world-renowned Stanford University psychologist Carol Dweck in decades of research on achievement and success—a simple idea that makes all the difference.

Mindsets are beliefs—beliefs about yourself and your most basic qualities. Think about your intelligence, your talents, your personality. Are these qualities simply fixed traits, carved in stone and that's that? Or are they things you can cultivate throughout your life?

2. Students complete the attached quiz and determine their dominant mindset.

3. Read the information below.

People with a fixed mindset believe that their traits are just givens. They have a certain amount of brains and talent and nothing can change that. If they have a lot, they're all set, but if they don't... So people in this mindset worry about their traits and how adequate they are. They have something to prove to themselves and others.

People with a growth mindset, on the other hand, see their qualities as things that can be developed through their dedication and effort. Sure they're happy if they're brainy or talented, but that's just the starting point. They understand that no one has ever accomplished great things—not Mozart, Darwin, or Michael Jordan—without years of passionate practice and learning.

For twenty years, Dweck's research has shown that the view you adopt for yourself profoundly affects the way you lead your life. It can determine whether you become the person you want to be and whether you commit to and accomplish the things you value. How does this happen? How can a simple belief have the power to transform your psychology and, as a result, your life?

Believing that your qualities are carved in stone—the fixed mindset—creates an urgency to prove yourself over and over.

The growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts. Although people may differ in every which way—in their initial talents and aptitudes, interests, or temperaments – everyone can change and grow through application and experience.

They believe that a person's true potential is unknown (and unknowable), that it's impossible to foresee what can be accomplished with years of passion, toil, and training.

The fixed mindset creates an internal monologue that is focused on judging: “This means I’m a loser.” “This means I’m a better person than they are.” “This means I’m not as smart as him.”

People with a growth mindset are also constantly monitoring what’s going on, but their internal monologue is not about judging themselves and others in this way. Certainly they’re sensitive to positive and negative information, but they’re attuned to its implications for learning and constructive action: What can I learn from this? How can I improve?

4. Examine the steps to changing your mindset. Share the photocopy with students and read together.

5. Have the students reflect on the following reflection question. Students can write their response or use think-pair-share.

Now that you have scored it, do you think this is accurate? Where in your life can you recognize fixed mindsets? Where are you growth-minded?

Mindset Quiz

For each question below, indicate where you exist on the scale.

1. Your intelligence is something very basic about you that you can't change very much.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

2. I appreciate when people, parents, coaches, teachers give me feedback about my performance.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

3. Human beings are basically good, but sometimes make terrible decisions.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

4. You are a certain kind of person, and there is not much that can be done to really change that.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

5. Music talent can be learned by anyone.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

6. Trying new things is stressful for me and I avoid it.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

7. You can do things differently, but the important parts of who you are can't really be changed.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

8. Some people are good and kind, and some are not – it's not often that people change.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

9. No matter how much intelligence you have, you can always change it quite a bit.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

10. The harder you work at something, the better you will be at it.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

11. Truly smart people do not need to try hard.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

12. An important reason why I do my school work is that I like to learn new things.

Strongly agree	Agree	Disagree	Strongly disagree	
1	2	3	4	5

SCORING

Total your scores from the following questions in each category.

FIXED MINDSET

1, 4, 6, 7, 8, 11 Total: _____

GROWTH MINDSET

2, 3, 5, 9, 10, 12 Total: _____

NOTE: LOWER SCORE INDICATES YOUR DOMINANT MINDSET.

My dominant mindset is _____.

Managing Your Mindset

Step 1. Learn to hear your fixed mindset “voice.”

As you approach a challenge, that voice might say to you “Are you sure you can do it? Maybe you don’t have the talent.” “What if you fail—you’ll be a failure” “People will laugh at you for thinking you had talent.” “If you don’t try, you can protect yourself and keep your dignity.”

As you hit a setback, the voice might say, “This would have been a snap if you really had talent.” “You see, I told you it was a risk. Now you’ve gone and shown the world how limited you are.” “It’s not too late to back out, make excuses, and try to regain your dignity.”

As you face criticism, you might hear yourself say, “It’s not my fault. It was something or someone else’s fault.” You might feel yourself getting angry at the person who is giving you feedback. “Who do they think they are? I’ll put them in their place.” The other person might be giving you specific, constructive feedback, but you might be hearing them say “I’m really disappointed in you. I thought you were capable but now I see you’re not.”

Step 2. Recognize that you have a choice.

How you interpret challenges, setbacks, and criticism is your choice. You can interpret them in a fixed mindset as signs that your fixed talents or abilities are lacking. Or you can interpret them in a growth mindset as signs that you need to ramp up your strategies and effort, stretch yourself, and expand your abilities. It’s up to you.

So as you face challenges, setbacks, and criticism, listen to the fixed mindset voice and...

Step 3. Talk back to it with a growth mindset voice.

As you approach a challenge:

THE FIXED-MINDSET says “Are you sure you can do it? Maybe you don’t have the talent.”

THE GROWTH-MINDSET answers, “I’m not sure I can do it now, but I think I can learn to with time and effort.”

FIXED MINDSET: “What if you fail—you’ll be a failure”

GROWTH MINDSET: “Most successful people had failures along the way.”

FIXED MINDSET: “If you don’t try, you can protect yourself and keep your dignity.”

GROWTH MINDSET: “If I don’t try, I automatically fail. Where’s the dignity in that?”

As you hit a setback:

FIXED MINDSET: “This would have been a snap if you really had talent.”

GROWTH MINDSET: “That is so wrong. Basketball wasn’t easy for Michael Jordan and science wasn’t easy for Thomas Edison. They had a passion and put in tons of effort.

As you face criticism:

FIXED MINDSET: “It’s not my fault. It was something or someone else’s fault.”

GROWTH MINDSET: “If I don’t take responsibility, I can’t fix it. Let me listen—however painful it is— and learn whatever I can.”

Then...

Step 4. Take the growth mindset action.

Over time, which voice you heed becomes pretty much your choice. Whether you

- take on the challenge wholeheartedly,
- learn from your setbacks and try again
- hear the criticism and act on it is now in your hands.

Practice hearing both voices, and practice acting on the growth mindset. See how you can make it work for you.