

7 TIPS TO ADOPT A GROWTH MINDSET

at your school

#1 DESIRE

Students who have a fixed mindset desire to see themselves as smart in every situation and look to prove themselves. On the contrary, students with a growth mindset stretch themselves, looking to take risks and meet challenges head on.

Encourage your students to take risks by rewarding the process, not the outcome. If there is a negative response to failure, they won't even attempt challenging tasks.

#2 EVALUATION OF SITUATIONS

A fixed mindset evaluates each situation as a possibility of failure, deciding whether or not they are willing to risk failure. A growth mindset wonders if the experience will allow them to grow and asks themselves, "Will this help me overcome something I have struggled with in the past?"

Encourage your students to evaluate situations challenge themselves and take risks (within reason, of course). Charge them with assessing their outcomes. What made them succeed or fail? What should be changed next time?

#3 DEALING WITH SETBACKS

The perspective of a person with a fixed mindset sees a setback as evidence of failure or lack of intelligence, while the growth mindset embraces the bumps and hurdles along the way and continues in their efforts.

Embrace the power of "Yet" in your classroom by encouraging students to look for "Plan B" when they experience a setback.

#4 CHALLENGES

Challenges become something that causes us to give up when approached with a fixed mindset. The students that sees the task with a growth mindset embraces the challenge and resists the temptation to give up, instead thriving on the opportunity to grow.

Allow your students additional time and supports on challenging tasks. When two minds come together the problem becomes easier to solve.

#5 EFFORT

A task that calls for an extra amount of effort causes a student with a fixed mindset to question whether or not it is worth the effort. Tasks requiring more effort are seen as a chance to grow since effort is a function of learning for students with a growth mindset.

Develop a culture of open-mindedness. Recognize the attempts that students make as progress toward a goal with reinforcing language like, "How can you use what you have so far to move on to the next step of the process."

#6 CRITICISM

A student or teacher with a fixed mindset ignores constructive criticism, instead relying on what they think they already know about themselves. A growth mindset is open to constructive criticism, knowing that it gives an opportunity for improvement.

Help your students to understand how to support each other, instead of telling someone that they can't do something, be solutions focused with questions such as, "have you thought about trying it this way...?"

#7 SUCCESS OF OTHERS

Those with a fixed mindset are threatened by the success of peers, thinking it means that they have failed. If students have a growth mindset, they look for inspiration in other's success, viewing it as an opportunity to learn from them.

Study some of the great thinkers of our time. One of my favorites is from Star Wars when Luke Skywalker says, "I don't believe" and Yoda replies, "That is why you fail." Celebrate the success of others, like this young boy after he learns to ride his bike, [Boy Gives Speech after Learning to Ride His Bike](#).