

# Growth mindset



The importance of having a positive attitude and learning from all experiences.

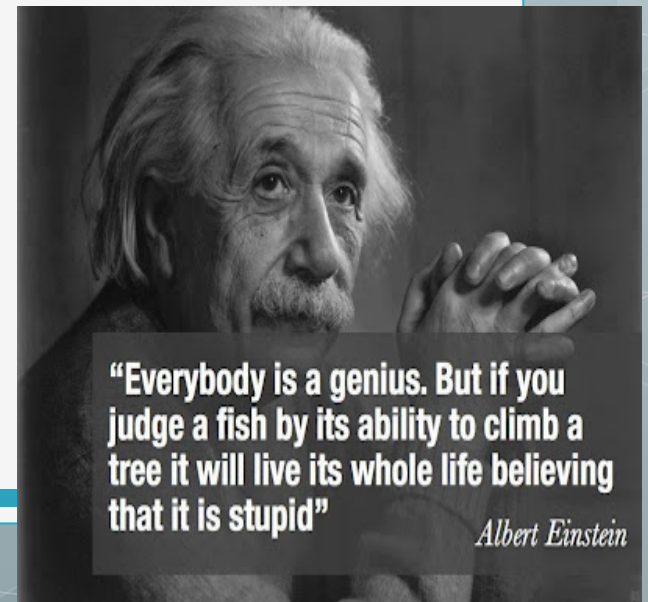




## What does it mean to have a growth mindset?

**Individuals with a growth mindset believe that skills can be developed through hard work and dedication.**

**This mindset generates a love for learning and an understanding that all experiences are learning experiences and the basis for success.**



**“Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life believing that it is stupid”**

*Albert Einstein*

# Growth Mindset: Something to think about

**A brain and innate talent do not guarantee success.**



Praising an individual's intelligence and innate talents does not promote self-esteem and high performance.

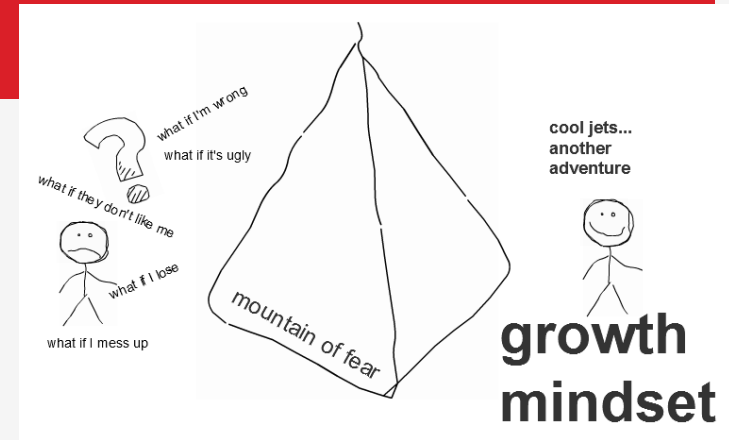




Reinforcing the belief that one is born with a certain set of skills and a certain level of intelligence does not promote positive self-esteem and drive. On the contrary, this type of “praise” tends to justify a lack of motivation and effort.



**The Growth mindset was first proposed by the psychologist Carol Dweck.**



Our skills and talents are not fixed and/or predetermined.

With effort, hard work, and dedication, you WILL continue to develop throughout life.

This vision creates greater motivation and love of learning and resiliency to cope with set backs and frustrations.

This is essential in order for there to be an increase in your performance and feelings of success.

According to Dr. Dweck, people tend to lie on a continuum with respect to their beliefs on the origin of intelligence. There are typically individuals with a fixed mindset and individuals with a growth mindset.

## Fixed mindset

- Success is based on innate talent.
- All challenges are avoided in order to ensure there will never be any failure.
- People become easily frustrated and quit any activity that may be challenging.

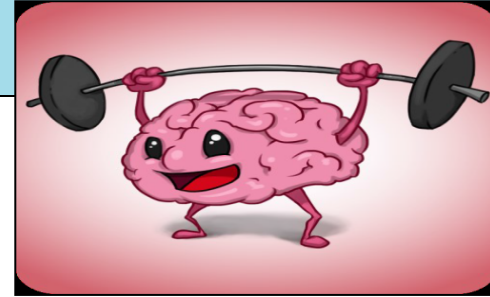


## Growth mindset



- Success is based on hard work, determination and the willingness to try something new.
- "Failure" is a learning experience and opportunity to try a new challenge.

# The way you perceive your skills and talents plays an important role in your life:



If we are born with basic skills, talents and intelligence, they are fixed and unchangeable

People with a fixed mindset tend to struggle to maintain a good self-image and positive self-esteem

Consequently, new challenges and obstacles can be stressful and

limiting



If people believe their skills and talents are developed through effort, determination and persistence, they have a growth mindset.

“Failure” motivates individuals to continue learning and trying.

People with a growth mindset are more likely to be successful, because they are more focused and see each experience as a positive learning experience.

# The impact of having a growth mindset in children:

(This information is research)

Children are more motivated to learn and put forth more effort in completing tasks.

Students show higher performance.

Students are generally more optimistic and positive about new challenges and about taking positive risks.

Students take on more challenges and confront problems with a strategic approach.

Underachieving students tend to increase their performance on achievement tests.

Students develop greater resilience and improve their behavior and attitude towards school





# How can we help our children in developing a growth mindset?



Encourage

Recognize effort

Praise strong work ethic and steady work

Suggest other strategies and/or methods to achieve a goal

Remind children that failure is part of the road to success

Tell children to never give up!

Celebrate successes!

Don't let  
▶ failure  
be an ending.  
Make it a  
beginning.

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HELEN KELLER

*"I am only one, but still I am one.  
I cannot do everything,  
but still I can do something;  
and because I cannot do everything,  
I will not refuse to do something  
that I can do."*

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- Helen Keller

"Do not judge  
me by my  
successes,  
judge me by  
how many  
times I fell  
down and got  
back up  
again."  
- Nelson Mandela



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I believe I can learn.

I know that the harder I work the more I will learn.

I am tenacious and will reach my goals.

I will make mistakes and learn from them.

I have unlimited potential.

I will never give up.

mistakes  
are proof  
that you  
are trying.

