Motivate My Mindset: Teachers, Parents and Students setting their minds on Achievement, Growth and Excellence!

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"MOTIVATE MY MINDSET: TEACHERS, PARENTS AND STUDENTS SETTING THEIR MINDS ON ACHIEVEMENT, GROWTH AND EXCELLENCE"

Stephanie Leggett, PhD
Clifton Ridge Middle School
Jones County School System

NATIONAL YOUTH AT RISK CONFERENCE PRESENTATION - MARCH 5, 2018
FAMOUS FAILURES...SUCCESS

https://www.youtube.com/watch?v=zLYECIjmnQs
MINDSET IS A SIMPLE IDEA —A SIMPLE IDEA THAT MAKES ALL THE DIFFERENCE!

Every so often a truly groundbreaking idea comes along. This is one. Mindset explains:

• Why brains and talent don’t bring success
• How they can stand in the way of it
• Why praising brains and talent doesn’t foster self-esteem and accomplishment, but jeopardizes them
• How teaching a simple idea about the brain raises grades and productivity
• What all great CEOs, parents, teachers, athletes know
Over 30 years ago, Carol Dweck and her colleagues became interested in students' attitudes about failure.

- They noticed that some students rebounded while other students seemed devastated by even the smallest setbacks.
- After studying the behavior of thousands of children, Dr. Dweck coined the terms fixed mindset and growth mindset to describe the underlying beliefs people have about learning and intelligence.

When students believe they can get smarter, they understand that effort makes them stronger. Therefore they put in extra time and effort, and that leads to higher achievement.
<table>
<thead>
<tr>
<th>FIXED MINDSET</th>
<th>GROWTH MINDSET</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SKILLS</strong></td>
<td><strong>SKILLS</strong></td>
</tr>
<tr>
<td>• SOMETHING YOU’RE BORN WITH FIXED</td>
<td>• COME FROM HARD WORK. CAN ALWAYS IMPROVE</td>
</tr>
<tr>
<td>• SOMETHING TO AVOID COULD REVEAL LACK OF SKILL TEND TO GIVE UP EASILY</td>
<td></td>
</tr>
<tr>
<td><strong>CHALLENGES</strong></td>
<td><strong>CHALLENGES</strong></td>
</tr>
<tr>
<td>• UNNECESSARY SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH</td>
<td>• SHOULD BE EMBRACED AN OPPORTUNITY TO GROW. MORE PERSISTANT</td>
</tr>
<tr>
<td><strong>EFFORT</strong></td>
<td><strong>EFFORT</strong></td>
</tr>
<tr>
<td>• GET DEFENSIVE TAKE IT PERSONAL</td>
<td>• ESSENTIAL A PATH TO MASTERY</td>
</tr>
<tr>
<td><strong>FEEDBACK</strong></td>
<td><strong>FEEDBACK</strong></td>
</tr>
<tr>
<td>• BLAME OTHERS GET DISCOURAGED</td>
<td>• USEFUL SOMETHING TO LEARN FROM IDENTIFY AREAS TO IMPROVE</td>
</tr>
<tr>
<td><strong>SETBACKS</strong></td>
<td><strong>SETBACKS</strong></td>
</tr>
<tr>
<td>• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.</td>
<td></td>
</tr>
</tbody>
</table>

- [https://www.edweek.org/media/ewrc_mindsetinthe classroom_sept2016.pdf](https://www.edweek.org/media/ewrc_mindsetinthe classroom_sept2016.pdf)
A Growth Mindset Drives Motivation and Achievement

I can get smarter → Learning is my goal

Effort makes me stronger → I'd spend more time and work harder → Higher Achievement


HTTPS://WWW.MINDSETWORKS.COM/SCIENCE/
Mindfulness
Identify Brain Basics
Not Yet is OK
Determination/Grit
Self-Talk
Everyone is Unique
Teach Others What You Know
MIND

Mindfulness
Identify Brain Basics
Not Yet is OK
Determination/Grit
MINDFULNESS

Mind Full, or Mindful?

Be mindful, even if your mind is full.
- De La Vega
IDENTIFY BRAIN BASICS

Brain Riddle

Fancy Facts about the Brain!
NOT YET IS OK

The Power of Yet

https://www.youtube.com/watch?v=SnHfZ_uvtzk
Crack the Code

How Gritty are You?

https://www.youtube.com/watch?v=0Q6a_rD85X0
https://www.youtube.com/watch?v=lJKIgtCpwvg
SELF-TALK

CHANGE YOUR WORDS

CHANGE YOUR MINDSET

I give up!  I’m going have to use what I know to try this.

I messed up on this.  Mistakes will help me learn.

I’m not as good as they are at this.  I’m going to try and use some of the same ways they are doing this to see if it works for me.

This will never get better.  If I train my brain to think positively, things will improve.
POSITIVE THINKING = GROWTH MINDSET

Seeing the Rainbow in the Rainstorm... Making Lemonade out of Lemons

If I focus, I can do anything I set my mind to.

Mistakes are part of learning; I’ll just do my best.

This gives me an opportunity to try something new.

I am disappointed, but I have other things I will focus on.

“Every mistake you make is PROGRESS.”

I can train my brain and with practice I WILL get it.
EVERYONE IS UNIQUE

Unique Signature Bingo

“TODAY YOU ARE YOU, THAT IS TRUER THAN TRUE. THERE IS NO ONE ALIVE WHO IS YOUSER THAN YOU.”

— DR. SEUSS
TEACH OTHERS WHAT YOU KNOW

Mindset Chant

In Teaching Others We Teach Ourselves.
~ The Fresh Quotes ~
MINDSETS HELP

Does growth mindset really help kids succeed?

2014 research by Claro & Paunesku revealed that students who demonstrate a growth mindset:

• perform better than students with a fixed mindset, significantly outscoring them in the areas of math and literacy;
• are more likely to recognize the importance of effort in academic success;
• seek out challenging academic tasks to enhance learning; and
• value critical feedback.

What do teachers think about growth mindset?

• According to a 2016 national study of over 600 K–12 teachers conducted by the Education Week Research Center, almost all teachers (98%) believe that integrating growth mindset will lead to improved student learning.

• Despite having an interest in and a willingness to implement growth mindset in the classroom, teachers feel they are not adequately trained to foster such a mindset in their students. Only 20% of study participants said they strongly believed they were good at fostering growth mindset, and 85% reported that they wanted more professional development in this area.

https://www.lexialearning.com/blog/6-tips-help-studentsdevelop-growth-mindset-classroom
The BRAIN is like a Muscle

Your brain gets **STRONGER** when you embrace challenges!
GROWTH MINDSET
MISUSED, MISUNDERSTOOD, MISAPPLIED

- Praising effort alone
- Telling kids to try harder
- Repeating mindset jargon
- Higher achieving students
GROWTH MINDSETS SUCCESS

Wells Elementary School
Jones County School System

Mindset Makers
Mindset Calendars
Train Your Brain Day

Beth Mines, School Counselor
bmines@jones.k12.ga.us

HELPFUL LINKS

https://www.edweek.org/media/ewrc_mindsetintheclassroom_sept2016.pdf
https://www.mindsetworks.com/science
https://www.youtube.com/watch?v=SnrHZ_uvtxk
https://www.youtube.com/watch?v=0Q6a_rD85X0
https://www.lexialearning.com/blog/6-tips-help-students-develop-growth-mindset-classroom
The Mind is indeed a terrible thing to waste; And it is important where the Mind is set! Motivate the development of a Growth Mindset; While embracing the dynamic Power of Yet!

Leggett (2018)
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