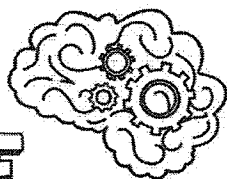


Growth mindset is the belief that our abilities are always changing (not fixed) and that we are able to improve with hard work and practice. Research by Carol Dweck has shown that students with this mindset are more successful in school because they bounce back from failure and do not get stuck in a negative thinking pattern of self defeat. Daily reminders of growth mindset can have life changing results.

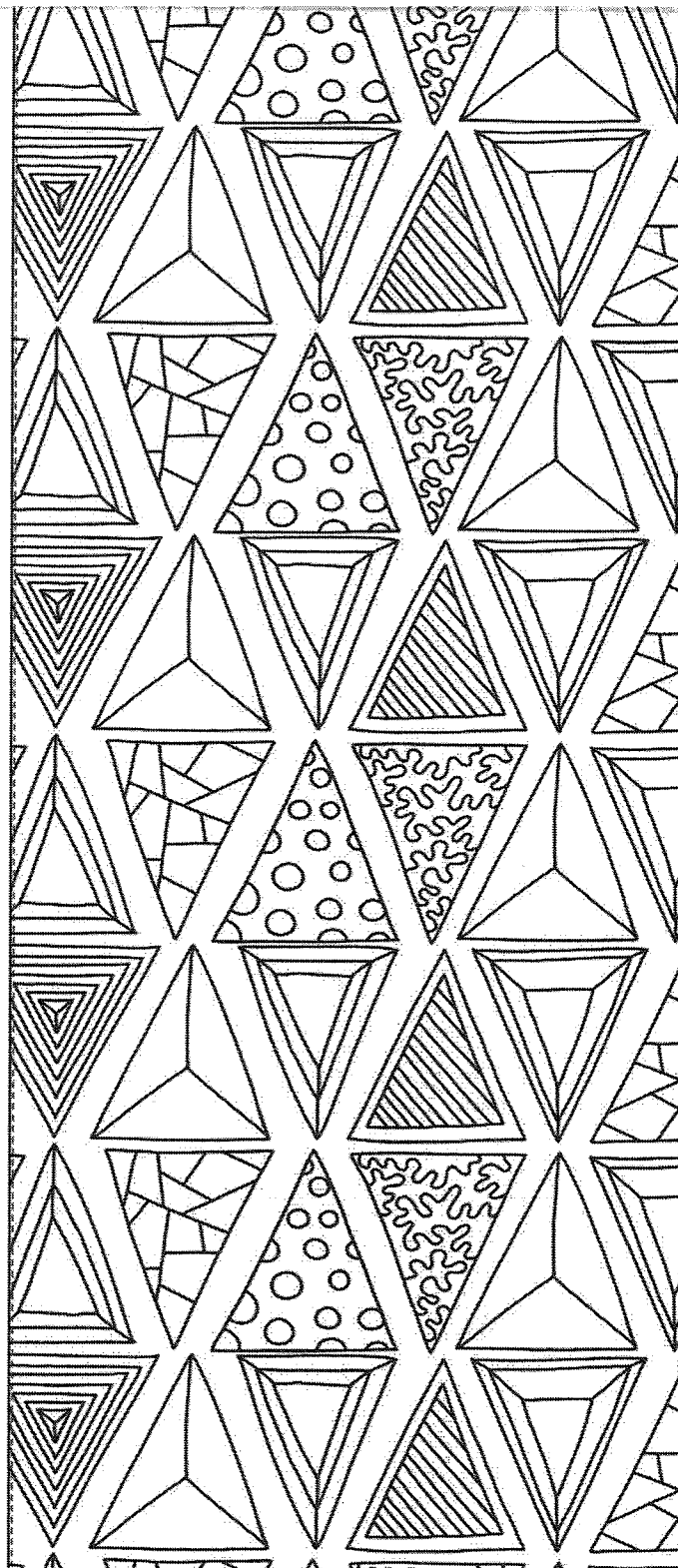
## THE SCIENCE



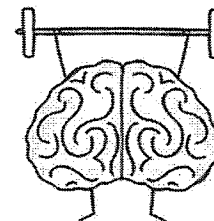
- Neuroplasticity is the brain's ability to form new connections and continue to grow and improve.
- The more you practice a skill, the better you will be at that skill.
- Hard work really does pay off.
- Even if that skill doesn't come easy for you, it can still be achieved.

Give an example of your brain having neuroplasticity.

Give an example of something that was hard for you at first, but now it's easy.



# Growth Mindset



I believe that my mind **GROWS AND CHANGES** with effort and hard work.

The opposite of a growth mindset is a fixed mindset. With a fixed mindset, you feel limited by your current ability.

Examples:

Fixed: I am not artistic.

Growth: I have to work hard to do well in Art class.

Fixed: I cannot do this.

Growth: I cannot do this, yet.

MISTAKES help me  
LEARN and GROW!

## FEEDBACK AND FAILURE:

Being told that you messed up can feel really bad.

But, feedback helps you learn and grow.

Admit mistakes, don't blame others.

Mistakes and failures are a normal part of life.

Successful people have all failed.

Mistakes and failure are proof that you are trying.

Embrace criticism.

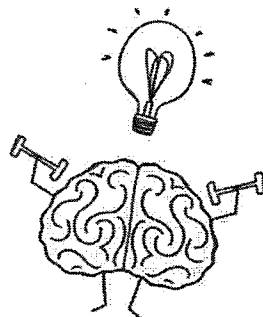
Think of a recent failure or mistake that you made.

What did you learn from it?

## THE POWER OF YET

When you add the word "YET" to the end of a sentence, anything is possible. Instead of saying that you can't do something, say that you can't do it, YET.

List things that you cannot do YET, but plan to be able to do in the future.



YET

## THOUGHTS

Everyone has helpful and unhelpful thoughts.

Just because you have a thought, doesn't mean that it is true.

For every thought, we must decide if it is helpful and true.

Watch out for these unhelpful thought patterns.

### Stewing:

Thinking about something over and over, wishing you could fix it.

"Why did I say that? I should have said something else.

Why didn't I say something else?"

### Mind Reading:

Jumping to conclusions about what others are thinking without proof.

"I bet they don't like me. Look at the way they look at me.

They are mad at me. I can tell."

### All or nothing:

Thinking something is either a complete success or a total failure, with no in between.

"I lost the game so I'm a total failure at life."

### Overgeneralize:

Making a bigger deal out of something than it really is.

"I didn't make the team so I'll never play sports again. I'm not good at anything."

### Personalization:

Thinking everything is about you when it's not or there's no proof.

"They must have left because I did something wrong."

Practice saying this the next time you catch one of these thoughts:

"Here I go again. I'm having unhelpful thoughts! I can stop this! I'm going to think of something happy."

## EFFORT AND CHALLENGES:

Are you proud of your grades or maybe a big team win? Be proud of the process or work, not the end result. When you decide to look for the effort, not the win, losing becomes much easier. Working hard can cause frustration. Learning to deal with frustration is KEY to having a growth mindset and becoming successful.



### Tips for dealing with frustration:

- Tell yourself that this will not last forever and that you have what it takes.
- Understand that frustration is a normal part of the process.
- Remember that this feeling is important because it is helping you grow.
- When you want to give up, challenge yourself to keep going for a few more minutes.
- Take breaks when needed.
- Try new ways.
- Ask for help.



What will you try the next time you are frustrated?