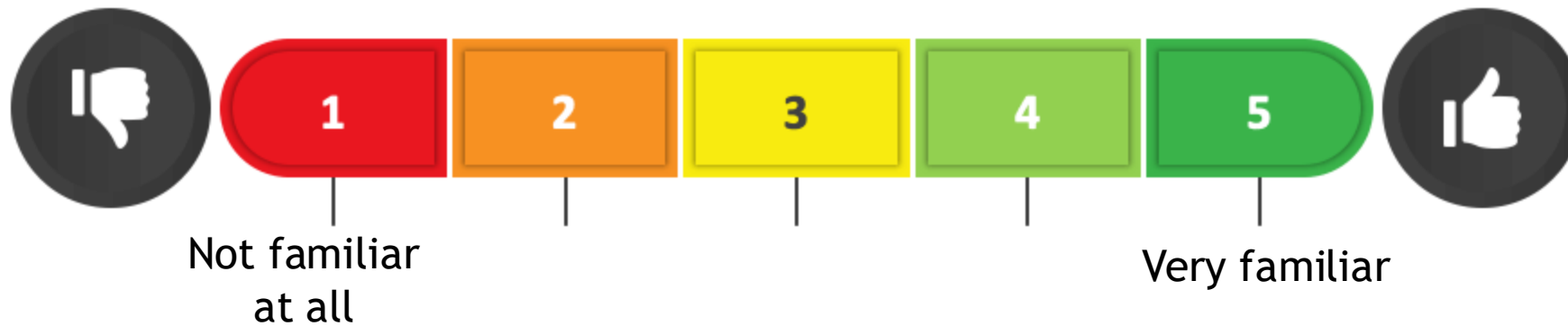




Growth Mindset: Building Resilience in the Adult Education Classroom

Andrea Weiss

How familiar are you with the term “growth mindset”?



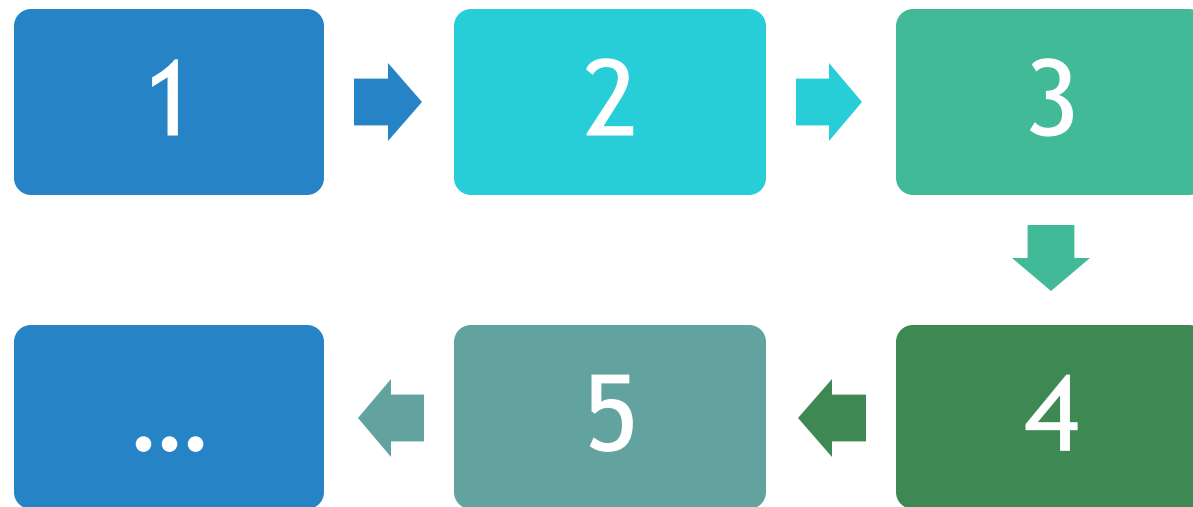
Intro

SOCIAL CONTRACT

- ▶ Be present.
- ▶ Be a learner.
- ▶ Be respectful.



MINI CHALLENGE: Group Count



1. MINDSET

According to Stanford psychologist Carol Dweck, the difference between a fixed and a growth mindset lies in where you believe your success comes from: your innate DNA or your effort.

2. **FIXED MINDSET**

In a fixed mindset, people believe their basic qualities, like intelligence or talent, are simply fixed traits. They believe they have a certain amount of ability, and that's that.

2. GROWTH MINDSET

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work.

Brains and talent are just the starting point.

Carol Dweck



- American psychologist and Stanford University professor
- Best known for her work on mindset and human motivation; coined phrases “growth mindset” and “fixed mindset”
- Wrote *Mindset: The New Psychology of Success* (*Chapters 1, 6-8)

How can a growth mindset build resiliency in an adult education classroom?



Objectives

Choose your own objective!

1. Instill a growth mindset in students.
2. Develop your own growth mindset.
3. Plan a “Growth Mindset” lesson for your class.
4. Learn new, interactive activities.
5. Collaborate with colleagues.

Share

From which perspective(s) are you approaching the workshop today?

Which objective(s) do you hope to reach?



Agenda

1. Growth Mindset
2. Language in Growth Mindset
3. Practice: Challenge Activity
4. Comfort Zones
5. WOOP

	FIXED MINDSET (Closes Doors)	GROWTH MINDSET (Opens Doors)
 OBSTACLE	Give up 	Chance to problem-solve (stepping stones) 
 FEEDBACK	Attack 	Chance to improve 
 FAILURE	Permanent 	Chance to learn, pivot 
 FOCUS	Accomplishments 	Journey 



Your perspective shapes your progress. Choose growth. Keep going.



Image Created by AI

Small Groups

What is something you have improved on/in recently?

What is a recent challenge you've experienced and how did you respond?

Is there an area of your life where you have a fixed mindset & another where you have a growth mindset?



Important Notes!

You can
CHANGE your
mindset!

“There is an
assumption that
schools are for
students’ learning.
Why aren’t they
just as much for
teacher’s learning?”
-Carol Dweck

Growth mindset is
a collaborative
effort - humans
are relational
beings!

You can have a
growth mindset
in one area but
not another.

Have a growth mindset about instilling a growth mindset...
it takes TIME.

Language of a Growth Mindset



FIXED MINDSET

THINKING / SELF-TALK

“I’m terrible at this.”

“I’m stupid.”

“I’ll never get this.”

“Everyone else is smarter than me.”

GROWTH MINDSET

THINKING / SELF-TALK

YET!

**NOT
YET**

FIXED MINDSET

THINKING / SELF-TALK

“I’m terrible at this.”

“I’m stupid.”

“I’ll never get this.”

“Everyone else is smarter than me.”

GROWTH MINDSET

THINKING / SELF-TALK

“This is hard and I’ll keep at it!”

“I don’t feel confident in this yet, but I know I can learn it.”

“This may take some time; I can identify resources that can help.”

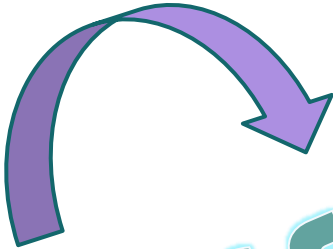
“This is difficult that I’m not getting this yet when everyone else seems to be, but I’m excited that my brain is growing.”

TASK

→Partner A reads one of the statements.

→Partner B responds with growth mindset thinking.

→Switch roles and try again!



CHANGE YOUR PERSPECTIVE

Let's shift from helping change our students' thinking, to changing how we praise and encourage our students.

FIXED MINDSET

PRAISE

“You’re so smart!”

“You got them all correct! Well done!”

“Great job, that must have been easy for you.”

GROWTH MINDSET

PRAISE

EFFORT

STRATEGIES

PERSEVERANCE

FIXED MINDSET

PRAISE

“You’re so smart!”

“You got them all correct! Well done!”

“Great job, that must have been easy for you.”

GROWTH MINDSET

PRAISE

“I noticed how much effort you put into this writing. Well done!”

“You must be proud of this. What were the steps you took to complete it?”

“Wow! Tell me about your process with these math problems. How did you work through the more difficult ones?”

TASK

→Partner A reads one of the statements.

→Partner B responds with growth mindset praise or encouragement.

→Switch roles and try again!

COUNTING CHALLENGE

Let's practice what we've learned so far!

Adjust your meeting view so you're able to see the whole shared screen.

The next slide will be filled with numbers 1 – 100.

Your task: Find as many numbers as you can in 45 seconds, one at a time and in consecutive order.



DEBRIEF

How high did you get?

How easy or difficult was it?

Would you like to try again?

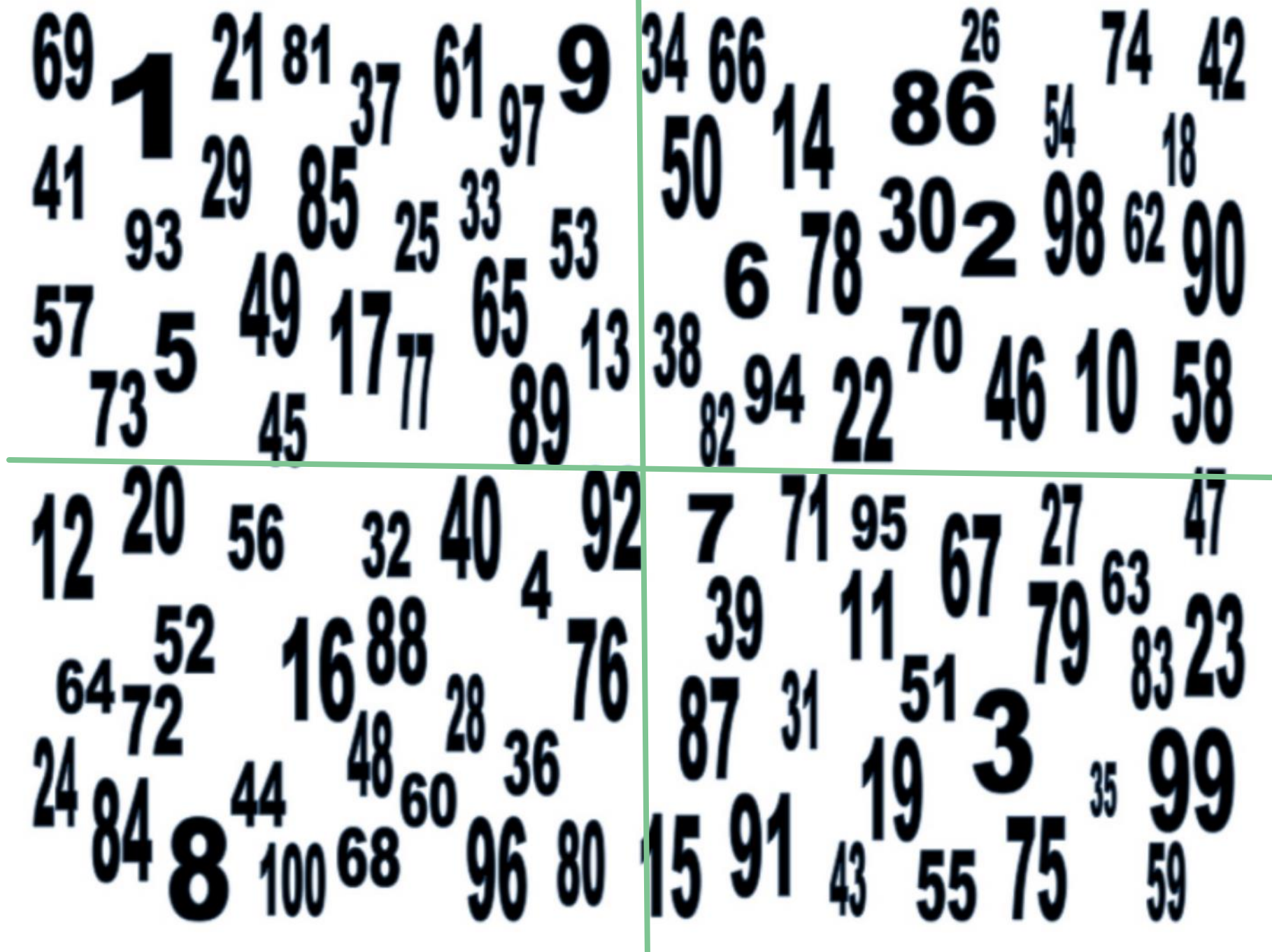
Did anyone notice a pattern?



DEBRIEF

Did you improve?

How easy or difficult was it?



DEBRIEF

Did you use a growth mindset?

Before you apply a growth mindset...

- 1. People must feel safe and regulated first.**
- 2. Recognize you have a challenge and that you'll be moving out of your comfort zone and into your stretch zone.**
- 3. Then consciously apply that growth mindset!**



**When in doubt,
WOOP it out!**

GABRIELE OETTINGEN



- **Professor of Psychology at NYU & the University of Hamburg**
- **Author of over 150 articles & book chapters on thinking about the future & the control of cognition, emotion & behavior**
- **Her major contribution to the field: research on the perils of positive thinking; Mental Contrasting**

Practice WOOP

Resources that make it easy to practice WOOP—wherever you are.



Wish



Outcome



Obstacle



Plan

woopmylife.org

W

O

O

P

Share

What will you be taking away from today?





Thank you!

Any additional info / contact info you'd like to add

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