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Teaching Growth Mindset

Fixed Mindset: Feelings of powerlessness and learned helplessness.



Teachers with a Fixed Mindset:

- Determine student ability and teach accordingly.
- Make quick judgements on ability with little evidence.
- Stress normative evaluation over growth.
- Are less likely to plan concrete strategies for student improvement.
- May comfort a student for their lack of ability.
- Tend not to provide enough time for practice and improvement.

Growth Mindset: Feelings of empowerment to positively influence students.



Teachers With a Growth Mindset:

- Focus on providing feedback, which describes student progress and is aimed at correcting errors.
- Withhold judgements and waits for improvements.
- Focus on ensuring the task outcome can be improved by practice and hard work.
- Communicate the importance of making constant progress in their student's learning.

Identify Own Fixed Mindset Thinking

Metacognitive awareness of negative and self-defeating statements and avoid these.



Acknowledge One's Own Choice

Be aware of choosing to avoid fixed mindset statements and to choose growth mindset action.



Model and Directly Teach Growth Mindsets

Believe that ALL students are capable of growing and progressing through personal effort.



A Growth Mindset Learning Environment

Learners are given opportunities to choose, set goals, struggle and fail.



Use Performance-Based Feedback Systems

Assessing effort and progress through the educator peers and self.

