

Understanding your MindSet: A Tool for Goal Setting

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Do you have a fixed mindset or a growth mindset?

Task: Using your smartphone or computer, go to **nearpod.com** and choose your login name. Answers will remain anonymous.



Fixed or Growth Mindset?

<https://goo.gl/forms/5j6MyxwNF05y0M0w2>

2. Discuss your answers with the people at your table.

Fixed or Growth Mindset?

Meet the 4th grade boy.....

Social/Emotional Characteristics

- Individualistic and competitive
- Often worried or anxious
- Complain about fairness and hurt feelings
- Critical of self and others
- Often prefer same-gender friends
- Need lots of encouragement



Physical Characteristics

- Push themselves to physical limits
- Complain about aches, pains, and injuries
- May twist hair or bite nails to relieve tension
- Better coordinated but still working on physical control
- Can't sit still for long
- Still need recess and snack

What prior research tells us...

Motivation

Accountability

Mindset

Research Question: How might goal setting foster adaptability in fourth grade students' academic performance and mindset?

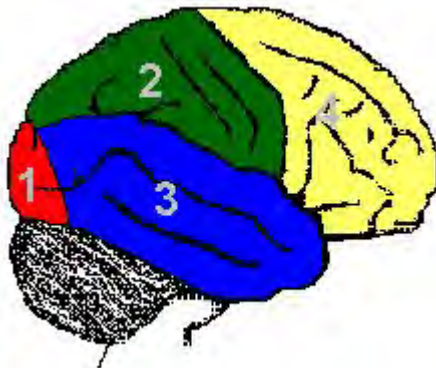
CLASS LESSONS

Fixed vs. Growth Mindset

Fixed Mindset: Assumes that intelligence and other qualities, abilities, and talents are fixed traits that cannot be significantly developed

Growth Mindset: Assumes that intelligence and other qualities, abilities, and talents can be developed with effort, learning, and dedication.

Meet Your Brain

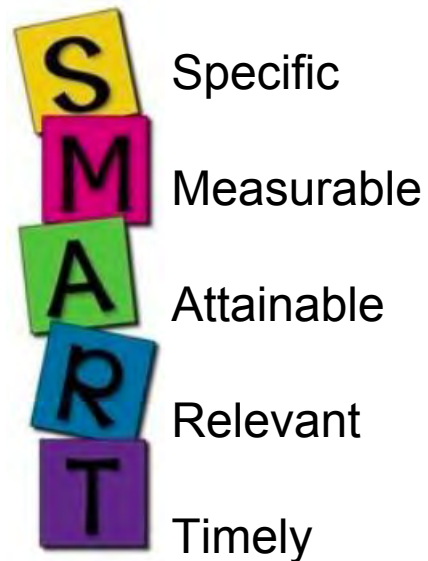


Brain Plasticity

Practice Makes Perfect

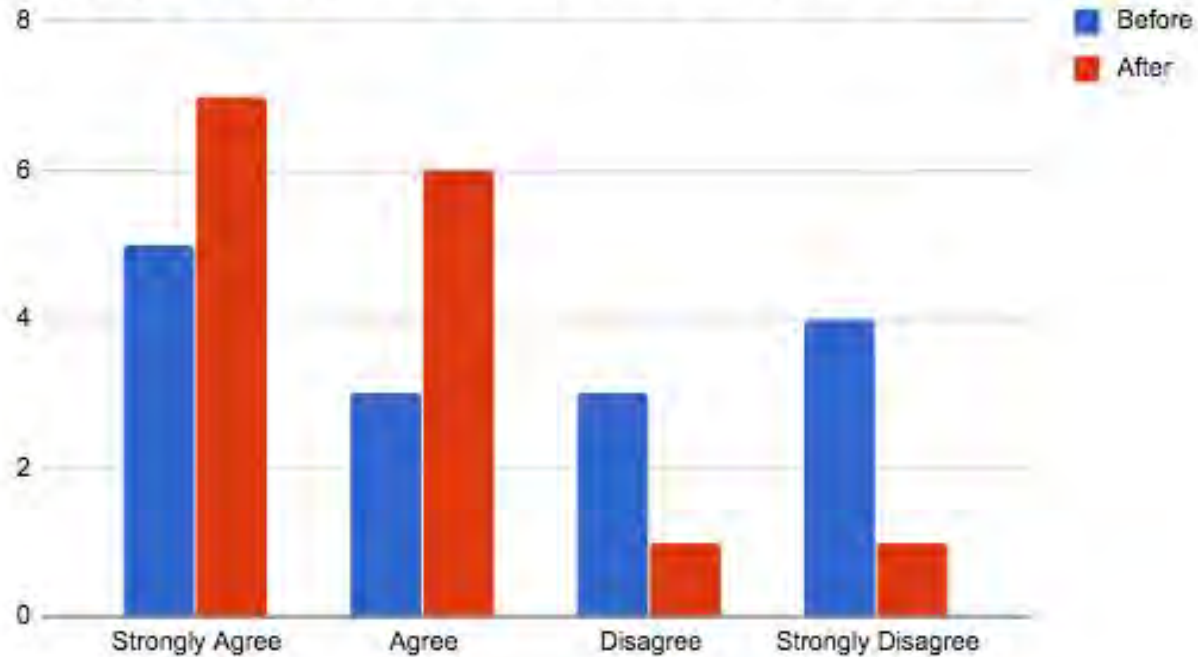
Why it's not just something your parents and teachers tell you to be mean!

SMART Goals



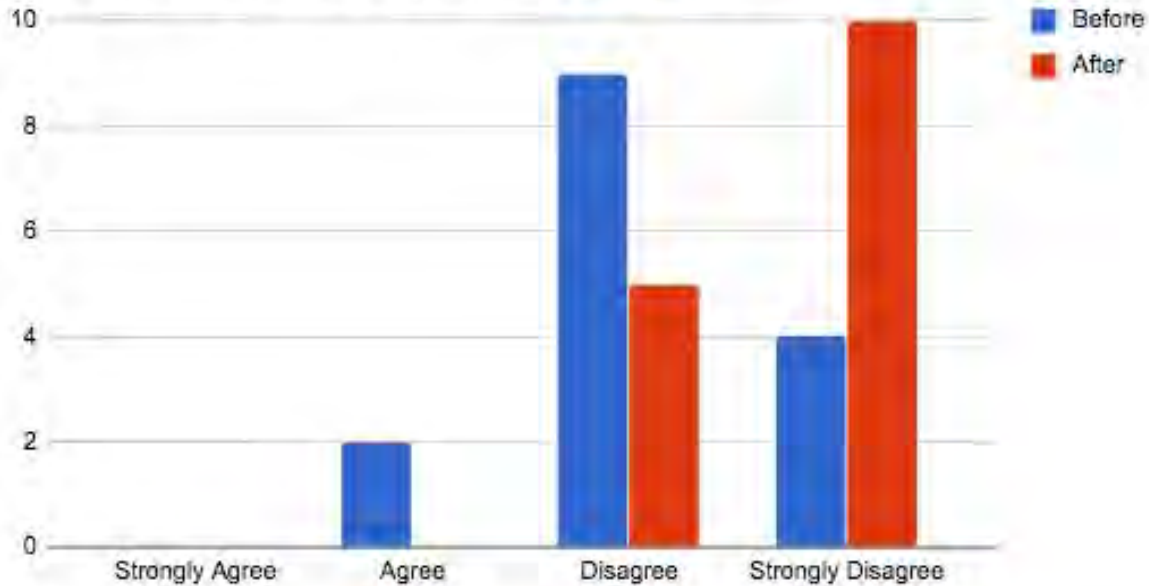
The Survey: Before & After

All people are capable of the same amount of learning



The Survey: Before & After

Math is much easier to learn if you are male or maybe come from a culture that values math.



Journal Writing: Before & After

I think I have a fixed and growth mindset. The reason I think I have fixed mindset because I don't really like changes or to do new things. Also, I think I have fixed mindset because sometimes I judge some things about what they look like and I would say I don't want to try that or I don't want to do that. I think I also have a growth mindset because I stay positive and keep going. Another reason why I think I also have ^{growth mindset} because I use mistakes as a way to ^{grow} better like in a soccer game when you make a mistake you learn from it and do better at it in the next game.

I think we learned about a fixed and growth mindset because they want us to go to a growth mindset and to keep pushing ourselves and to not give up. I think learning about a fixed and growth mindset was very helpful for our future to keep on trying or what you want to do no matter what. I think I have fixed and growth mindset because sometimes when we learn something new and I don't get it then I don't look forward to it and I don't want to do it but in sports if I make a mistake then I just keep on trying my best. I think my mindset have changed a bit because I think I have more of positive mood and I don't give up much anymore.

Journal Writing: Before & After

I have both mind sets. An 8th of fixed and the rest is growth. I have part fixed because sometimes I go off track and when I get back on track my Hippocampus sails on me and I think negative. I have part growth because sometimes I really like what we're doing I really positive.

We learned about fixed mindset vs. growth mindset to teach us to know the difference between having a good attitude and being confident about something or having a bad attitude ^{and not confident} about something. It was helpful to me because it made me more confident about myself. I have a growth mindset most of the time but before I didn't, I had a fixed before. Even though that was so that is it.

What this tells us...

- Boys are less willing to adapt to new techniques if they do not first have or understand the potential of a growth mindset.
- Boys are open to the idea of a growth mindset but need to be directly “taught” about it.
- Once boys are ready to see (and accept) that they ALL have the ability to adapt and grow, they are increasingly able to set appropriate goals for themselves and think, realistically, about their own academic performance.





Reflection of Fixed or Growth Mindset

Future Implications

- The need for formal education of brain activity and the science behind mindset
- Setting the foundation in primary grades
- The understanding and acceptance of slow progress over time



- Growth mindset lessons
- Boys' honesty in writing



- The need for time!
- Practice with writing goals

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