



# FIXED MINDSET

## SELF TALK

Failure is the limit of my abilities

I'm either good at it or I'm not

My abilities are unchanging

When I'm frustrated, I give up

Feedback and criticism are personal

I stick to what I know

My potential is predetermined

# GROWTH MINDSET

## SELF TALK

1 Mistakes are feedback that help me learn

2 I persevere as a problem-solver when I am frustrated or challenged

3 Confusion and productive struggle are part of the learning process

4 I need to courageously move out of my comfort zone

5 I want to challenge myself and grow

6 My effort, actions and attitude impact my success

7 I will progress and succeed if I focus and work hard



# MINDSET ASSESSMENT TOOL

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1. Your intellect ability is given to you by nature and it is impossible to change it.
2. You are the way you are and it is impossible to change it.
3. Anyone can master playing musical instrument.
4. It is easier for men to learn Maths.
5. The more you work on something the better you become
6. I like it when others tell me about my successes and failures.
7. Everyone has the same ability to learn.
8. Really smart people do not need to try hard.



Answer YES or NO to each question

# MINDSET ASSESSMENT TOOL

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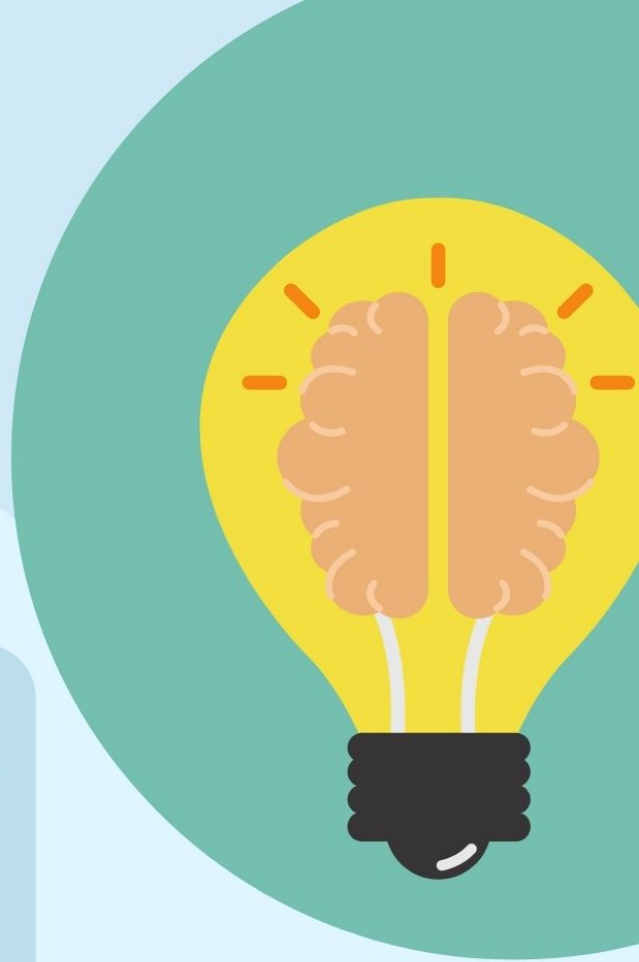
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YES - 1, NO - 0  
YES - 0, NO - 1

# Empower Growth Mindset

## QUESTIONS FOR BUILDING YOUR STUDENTS' GROWTH MINDSET

- What strategies will you try next?
- What questions should be asked or considered in this situation?
- What will you do to challenge yourself or improve?
- What growth goals can you set and monitor?
- What advice can you share to help or inspire others?
- What should you do when you make a mistake?
- What can you learn from others?
- How can you enhance efficiency, flexibility, performance or growth?



EDUCATORS PLAY A KEY ROLE IN BUILDING POSITIVE  
MINDSETS OF THEIR STUDENTS.  
BY INCORPORATING THESE QUESTIONS INTO EVERY DAY  
PRACTICE WITH CHILDREN, EDUCATORS INCREASE  
STUDENTS' GROWTH MINDSET DEVELOPMENT.

# MINDSET SHIFTS

## HOW TO PRAISE CHILDREN

### Instead of saying

You are so athletic



You are really smart



You are such a good artist



You are a great musician. You could be next Mozart.



You always get good grades, that makes me happy.



You are such a good person.



### Say

You really work hard and pay attention when you are on the field

You work hard in school and it shows

I can see you have been practicing your drawing. What a great improvement!

I Keep practicing and you will see great results.

When you put forth efforts, your grades show it.

Your actions and decisions really make a difference