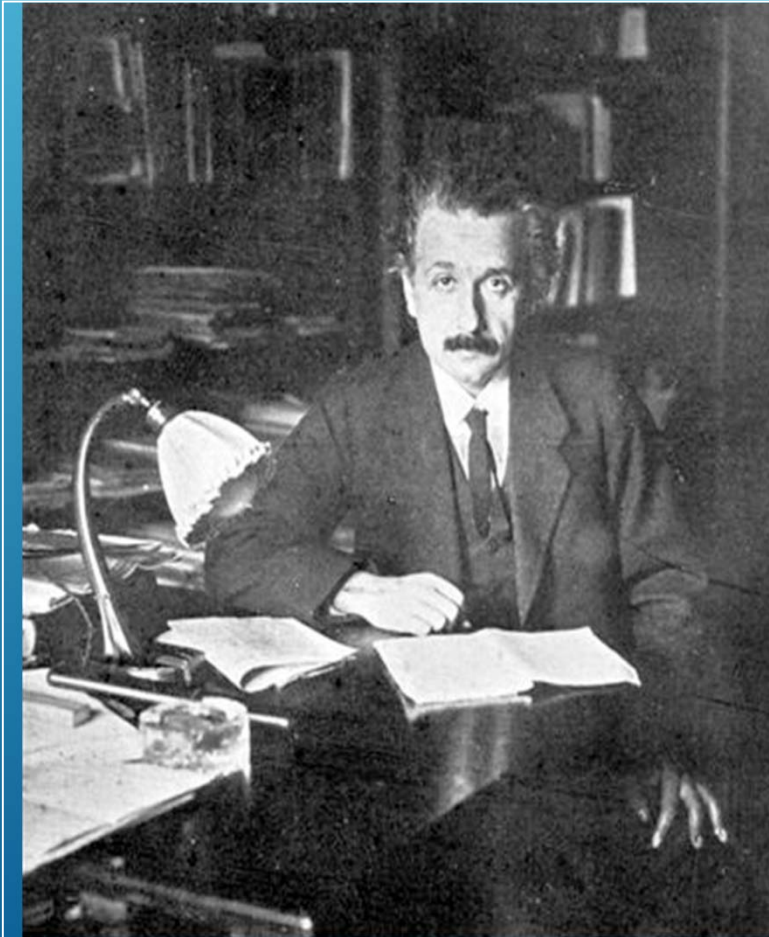




GROWTH MINDSET AND RESILIENCE

DO GENIUSES WORK OR DOES IT JUST COME NATURALLY?



A THOUGHT FROM THOMAS EDISON

Genius is one percent inspiration and ninety-nine percent perspiration. As a result, a genius is often a talented person who has simply done all of his homework.

Thomas A. Edison

quote fancy

SELF THEORY = MINDSET

Dr. Carol Dweck's (a Stanford University Psychologist) research into Self-Theories (how students see themselves as learners) supports Edison's comment.

She has shown that most people have one of two Mindsets:

- ▶ FIXED MINDSET, or
 - ▶ GROWTH MINDSET
- 

A GROWTH MINDSET VS A FIXED MINDSET

A growth mindset is the belief that **intelligence can be developed**.

Students with a growth mindset **understand they can get smarter through hard work, the use of effective strategies, and help from others when needed**.

It is contrasted with a fixed mindset: the belief that intelligence is a fixed trait that is set in stone at birth.

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What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.


OUR MINDSET TOWARDS CHALLENGE IS CRUCIAL AS IT DETERMINES OUR RESILIENCY!



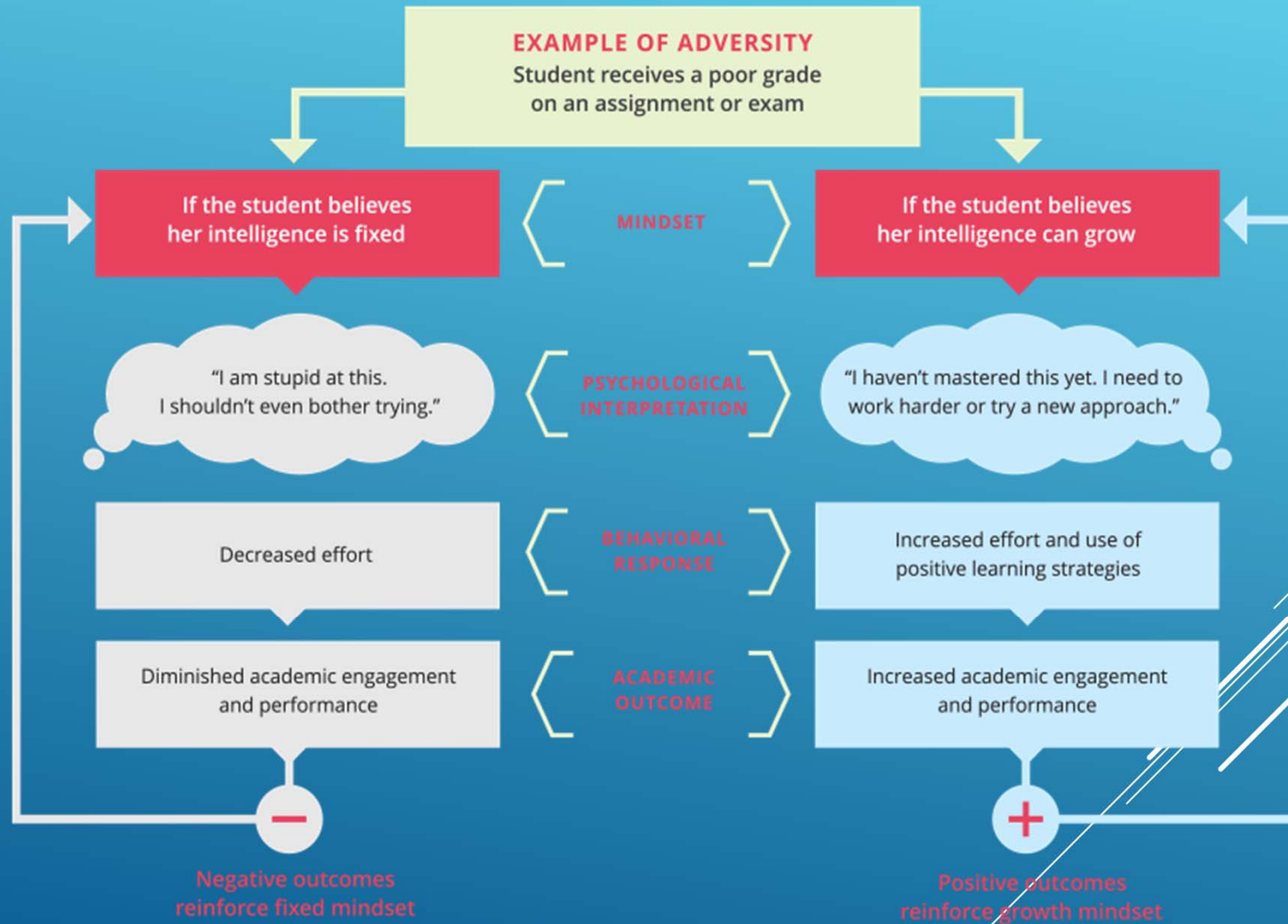
RESILIENCE

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such things as failure, family and relationship problems, serious health problems or school stressors.

It means "**bouncing back**" from difficult experiences.

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A CHOICE



A FINAL THOUGHT

A growth mindset creates a love of learning and a resilience that is essential for achieving goals and success.

