





Grit



Prison itself is a tremendous education in the need for patience and perseverance. It is above all a test of one's commitment.

(Nelson Mandela)

Resiliency



"Life is a lot like surfing... When you get caught in the Impact zone, you have got to just get back up. Because you never know what may be over the next wave."
- Bethany Hamilton

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none"> SOMETHING YOU'RE BORN WITH FIXED 	SKILLS	<ul style="list-style-type: none"> COME FROM HARD WORK CAN ALWAYS IMPROVE
<ul style="list-style-type: none"> SOMETHING TO AVOID COULD REVEAL LACK OF SKILL TEND TO GIVE UP EASILY 	CHALLENGES	<ul style="list-style-type: none"> SHOULD BE EMBRACED AN OPPORTUNITY TO GROW MORE PERSISTANT
<ul style="list-style-type: none"> UNNECESSARY SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH 	EFFORT	<ul style="list-style-type: none"> ESSENTIAL A PATH TO MASTERY
<ul style="list-style-type: none"> GET DEFENSIVE TAKE IT PERSONAL 	FEEDBACK	<ul style="list-style-type: none"> USEFUL SOMETHING TO LEARN FROM IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none"> BLAME OTHERS GET DISCOURAGED 	SETBACKS	<ul style="list-style-type: none"> USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME

1. "I Can't change...I am who I am – so why bother"
2. "I have never been a math person– no sense in trying to be different."
3. "I did really poorly on the last Spanish test, I think if I studied ahead of time the outcome could be different."
4. "Erica just doesn't have it in her to be successful in the class, as a teacher my time is better spent with the those that can succeed."
5. "I have a temper – I got it from my dad...and that is just the way I am."
6. "I have always hated history, so I'd rather not take the honors global class."
7. "I know the class will be a stretch for me...but I really want to learn the material."
8. "All the time I spend on science labs is a waste. It doesn't help me choose the best answer needed for the SAT subject test. "
9. "I am special – I have always tested well, and I deserve to be in AP English class."

Think and Share

1. Think of a student who demonstrates GMS Mindset? What does that look like?
2. Are you more prone to a growth or fixed mind set? Why?

What do you think growth mind-set looks like?

Belief that nothing is carved in stone

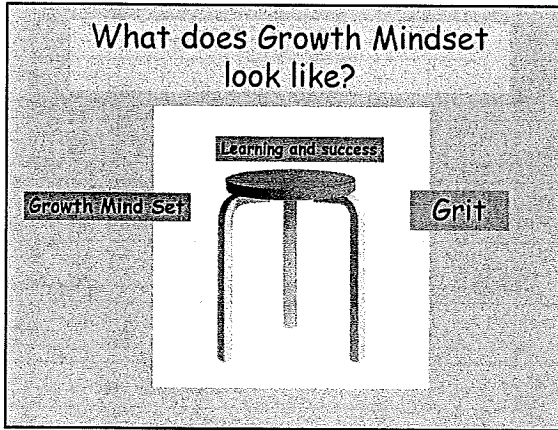
Determination

Will learn from mistakes

Passion for learning

High level of interest

OPEN TO A CHALLENGE

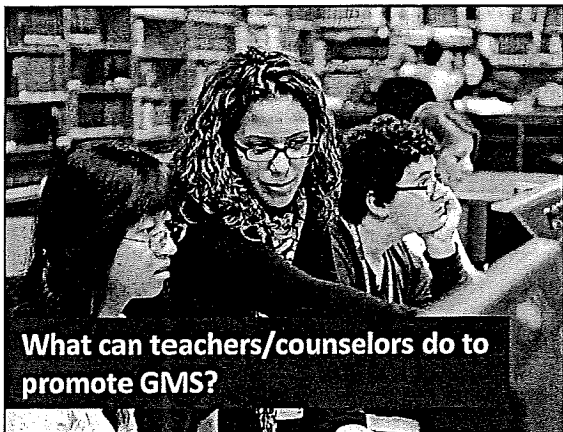


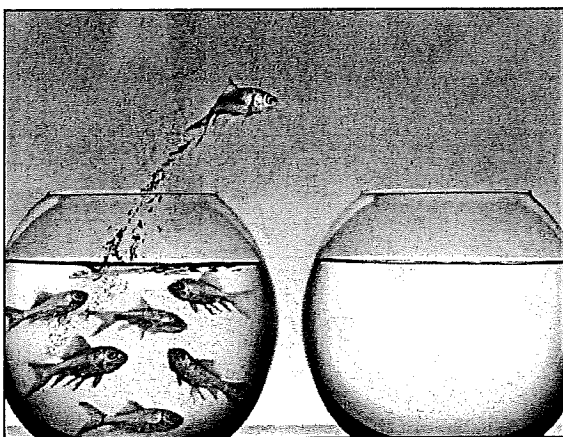
How does this make sense to you?

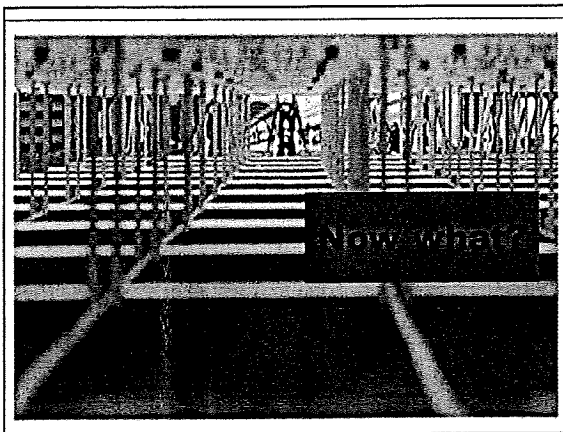
1. Think about a time you have pushed through something that was very difficult – a class, a situation, a job, etc...?
2. What tools or skills did you use to get through the difficult situation?
3. Did you become stronger or more confident, or was the end result one of more discouragement etc....(explain)
4. What did you learn about yourself through this experience ?

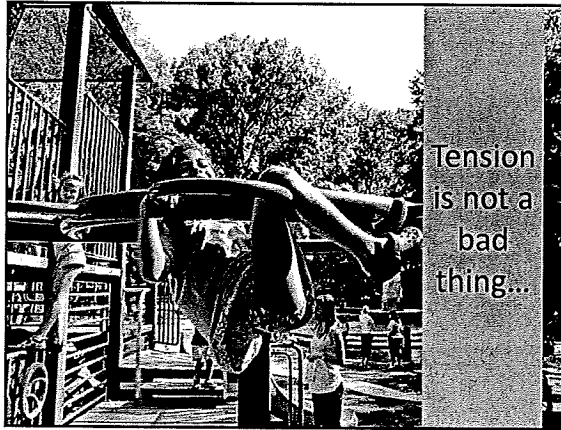
How does fixed/growth mind-set develop?

- Parents
- Temperament
- Testing system
- Teachers/daycare providers/coaches/counselors etc
- School environment
- Life experiences

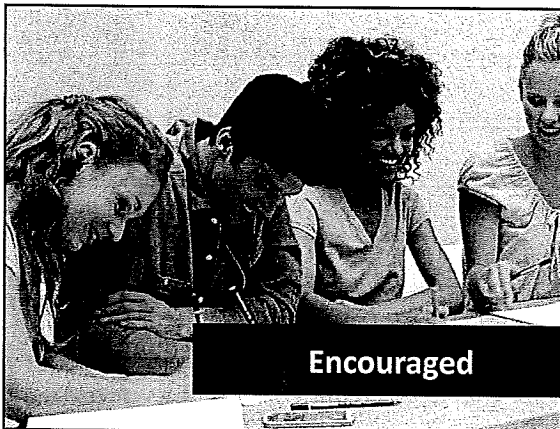


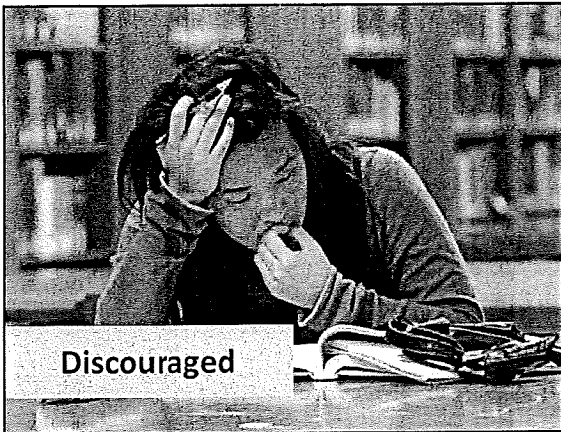


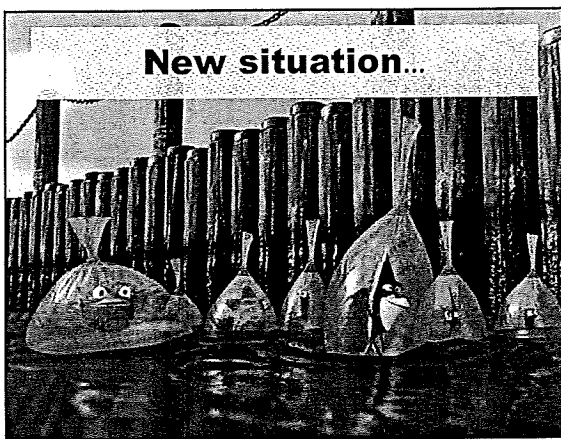


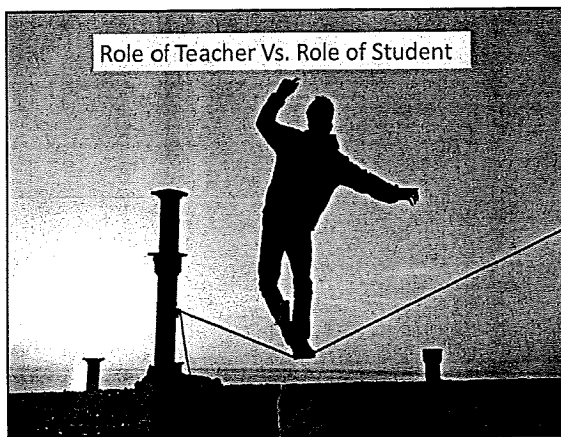




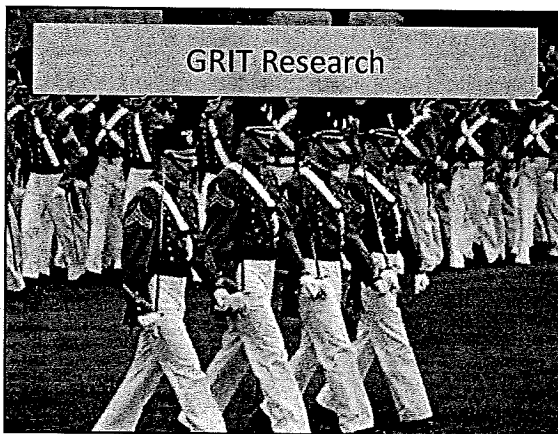


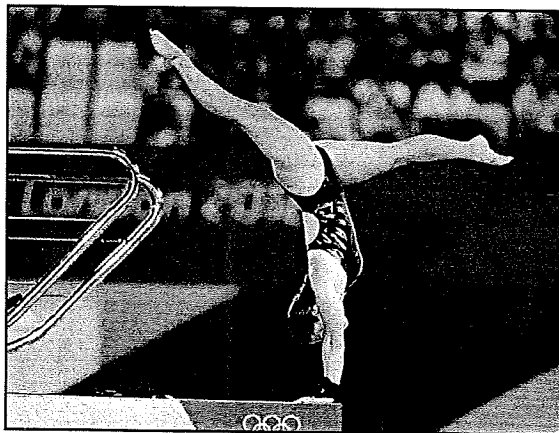




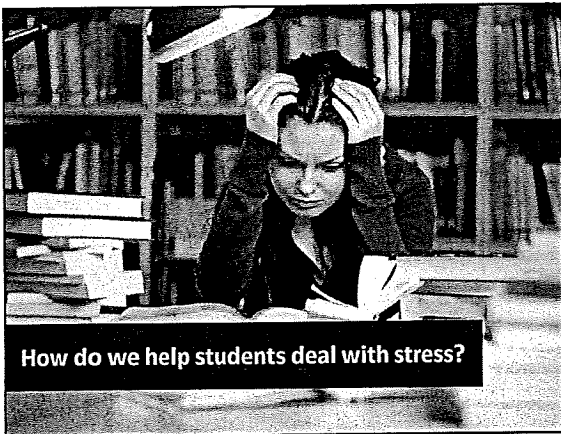


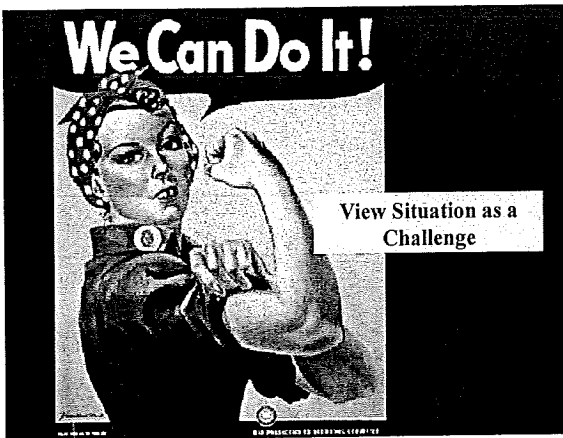




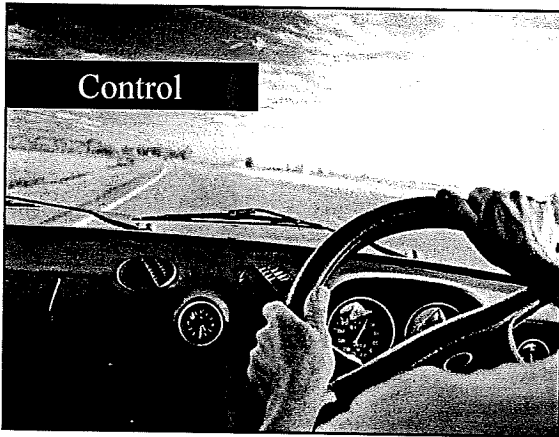




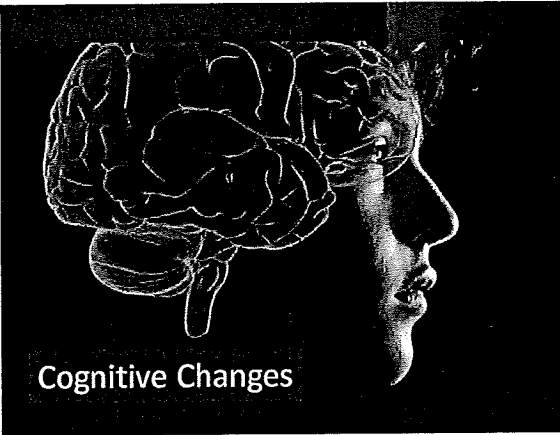


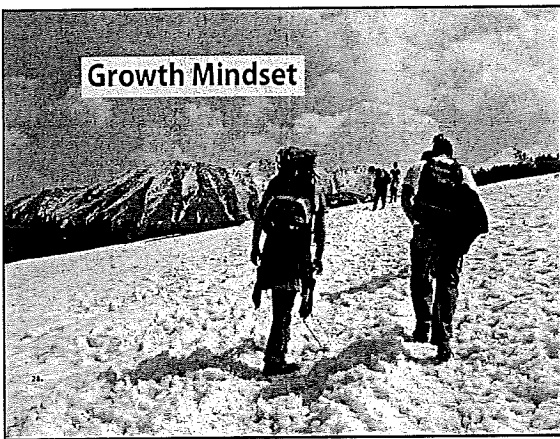


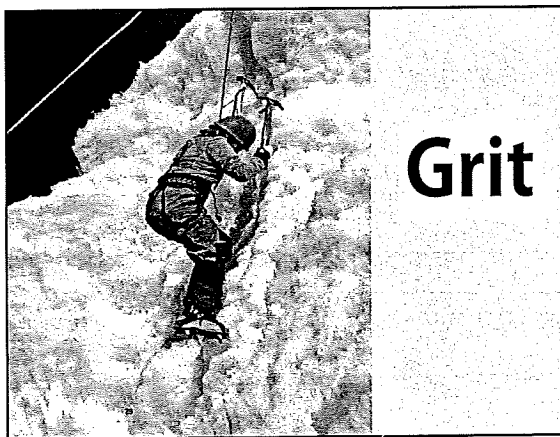


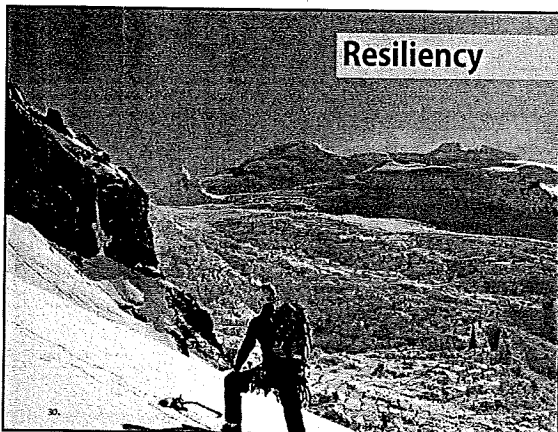


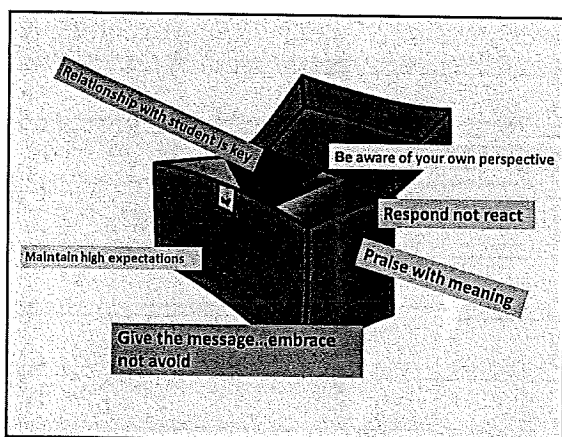












Take Aways

1. The brain changes
2. Mistakes are ok, more than that they are an important part of the learning process
3. Model growth mind set
4. Non verbal communication powerful
5. Change is hard, non challenging to challenging
6. Teachers/counselors – life long learners themselves
7. Process more important than content – GRIT = success
