

The Power of You

The Hopeful Mindset

The 2014 Kansas Teacher of the Year Team

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Growth or Fixed Mindset?

TEST YOUR MINDSET

- Respond to each question
- Use the scoring guide to determine your mindset

Mindset Characteristics

Fixed

VS.

Growth

- avoids challenges
- gives up easily due to obstacles
- sees effort as fruitless
- ignores constructive criticism
- feels threatened by success of others

- embraces challenges
- persists in the face of setbacks
- sees effort as the path to mastery
- learns from criticism
- finds lessons and inspiration in the success of others

REFLECT on Mindset Quiz

- If there is anything you have a fixed mindset about, are you willing to grow in this area, or are you set in your ways?
- What is a goal you could set to change something you have a fixed mindset about?
- What approaches could you take to help a colleague have more of a growth mindset?

“Growth comes at the point of resistance. We learn by pushing ourselves and finding what really lies at the outer reaches of our abilities.”

— *Josh Waitzkin*

The Art of Learning:

A Journey in the Pursuit of Excellence

Growth Mindset in the Classroom



Growth Mindset in the Classroom

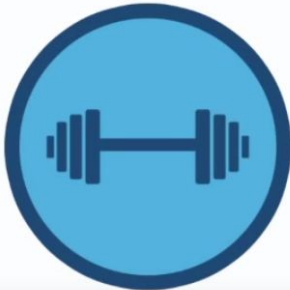


INTELLIGENCE



chose the **EASIER** option

67
percent



EFFORT



chose the **HARDER** option

92
percent

Growth Mindset in the Classroom

- + WORKED HARDER
- + WORKED LONGER
- + ENJOYED IT MORE



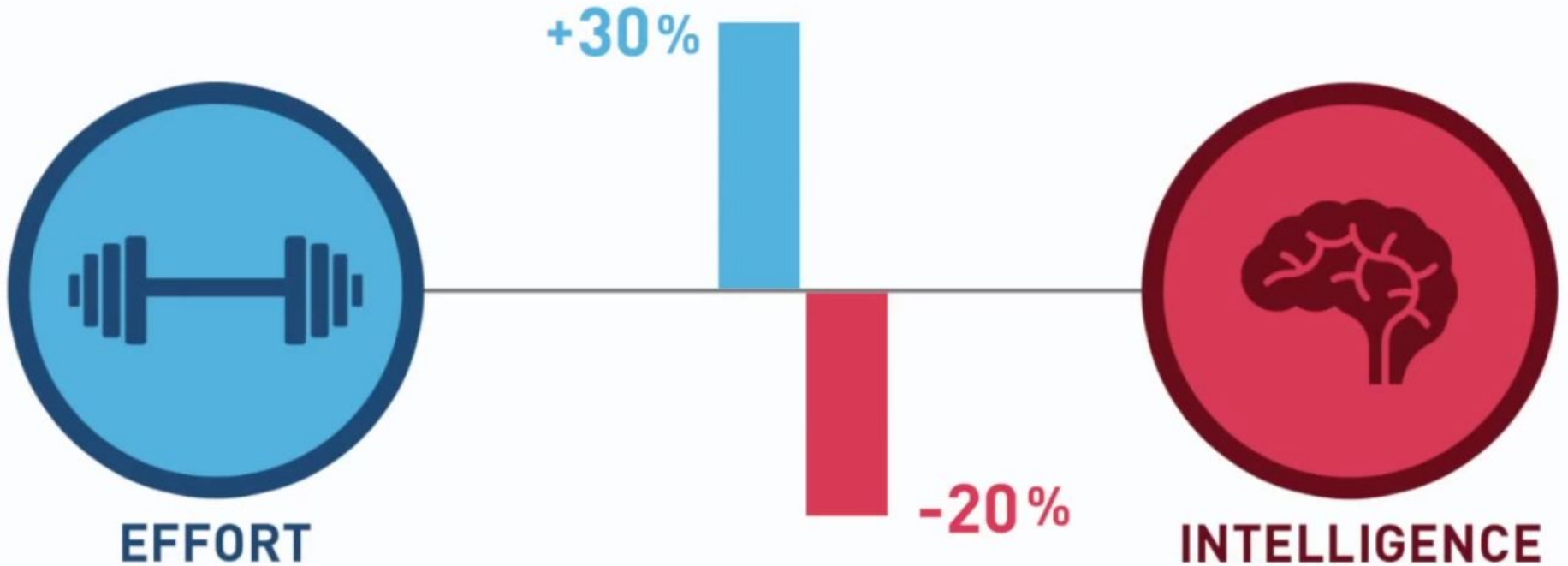
EFFORT



INTELLIGENCE

- BECAME FRUSTRATED
- GAVE UP EARLY

Growth Mindset in the Classroom



Growth Mindset in the Classroom

In order to create a “risk-free” classroom environment where all students are willing to take on challenges and push themselves, it is important to make the focus on learning clear, make it safe to risk mistakes, and communicate a high confidence in all students’ ability to rise to the learning challenges.

Growth Mindset in the Classroom

Person

This is when we direct our praise or critique at the person: "YOU are so smart," "YOU are such a good dancer," "YOU aren't good at math," "YOU can't shoot." As you can see, if it involves the word "you" it's most likely praise or a critique on the person.

Process

This is when we direct our praise or critique at the effort and strategies that went into the process: "Great job on that test – you must of worked really hard," "That wasn't your best performance – what do you think we can do better next time?" The goal is to focus on what led to the outcome.

Outcome

This is when we direct our praise or critique at the outcome or result. "WOW! You got an A," "Great win – let's celebrate!" "That's a really low score on that test," "You played really bad today."

Growth Mindset in the Classroom

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The Growth Mindset

Builds Hope, Well-being,
and Engagement

Gallup's student poll measured . . .

- Hope: The ideas and energy we have for the future
- Engagement: The involvement in and enthusiasm for school
- Well-being: How we think about and experience our lives

Hope Quiz

- Respond to each question
- Use the scoring guide to determine your hope level

Reflect and Respond

Is the past the best predictor of future success?

Why Does Hope Matter?

Hope is the key driver for a successful life.

Where Does Your Hope Come From?

Head - Heart - Holy

What Hopeful People Believe

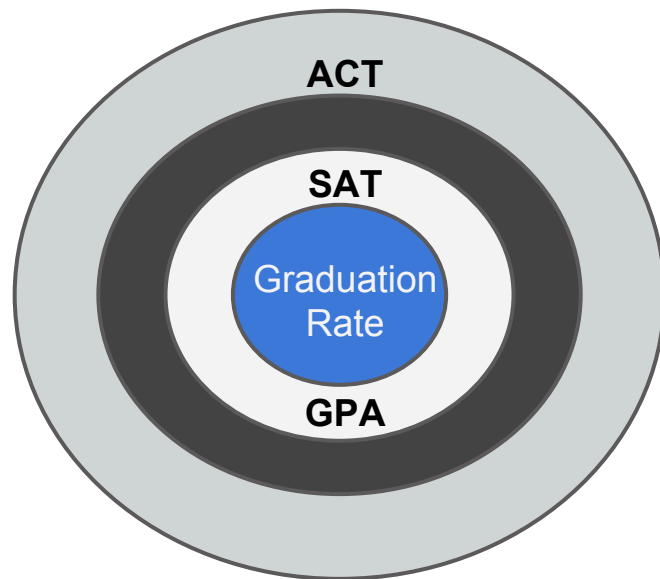
- My future can be better than the present
- I have the power to make it so
- There are numerous paths to my goals
- None are free from obstacles.

Hope

- Hope matters
- Hope is a choice
- Hope can be learned
- Hope can be shared with others

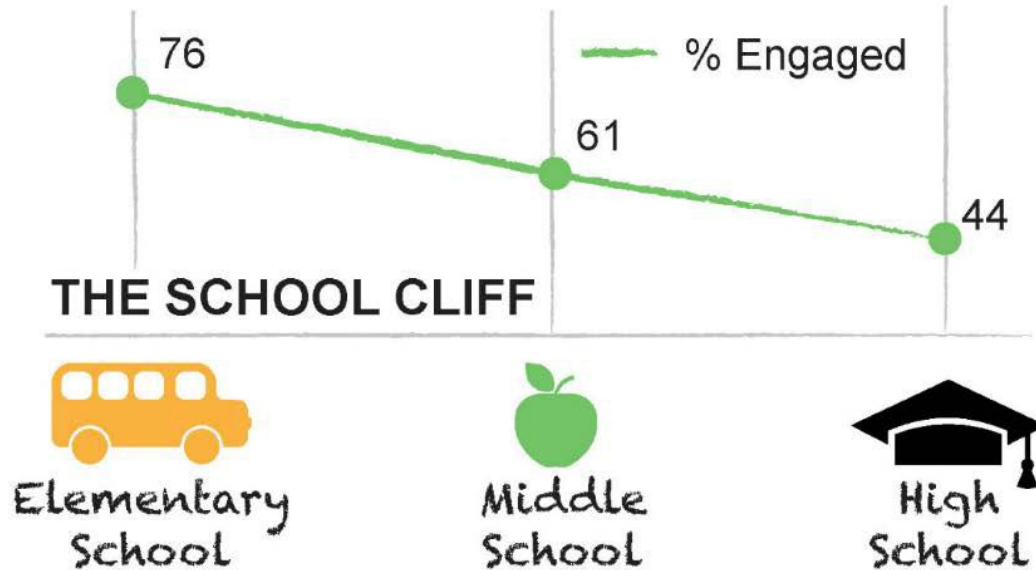
Fixed Focus

Too often schools focus on test scores, grade point averages, graduation rates, and outcomes.



Meanwhile, our students are **LESS ENGAGED** with each passing year

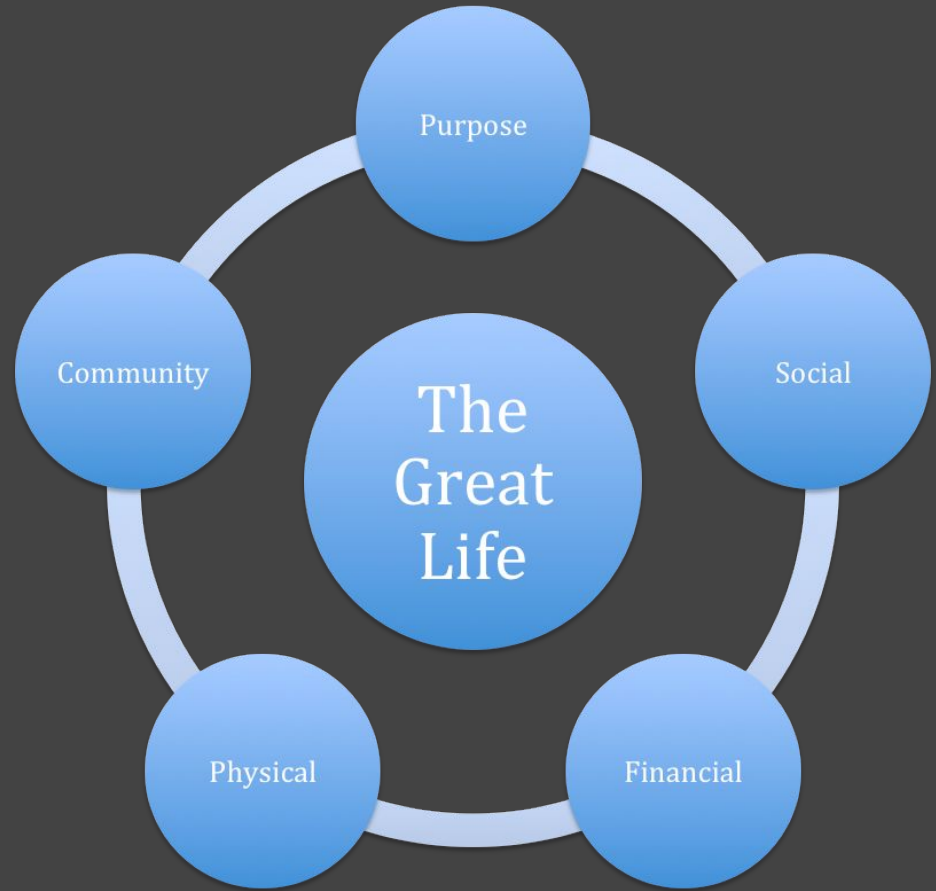
The Gallup Student Poll

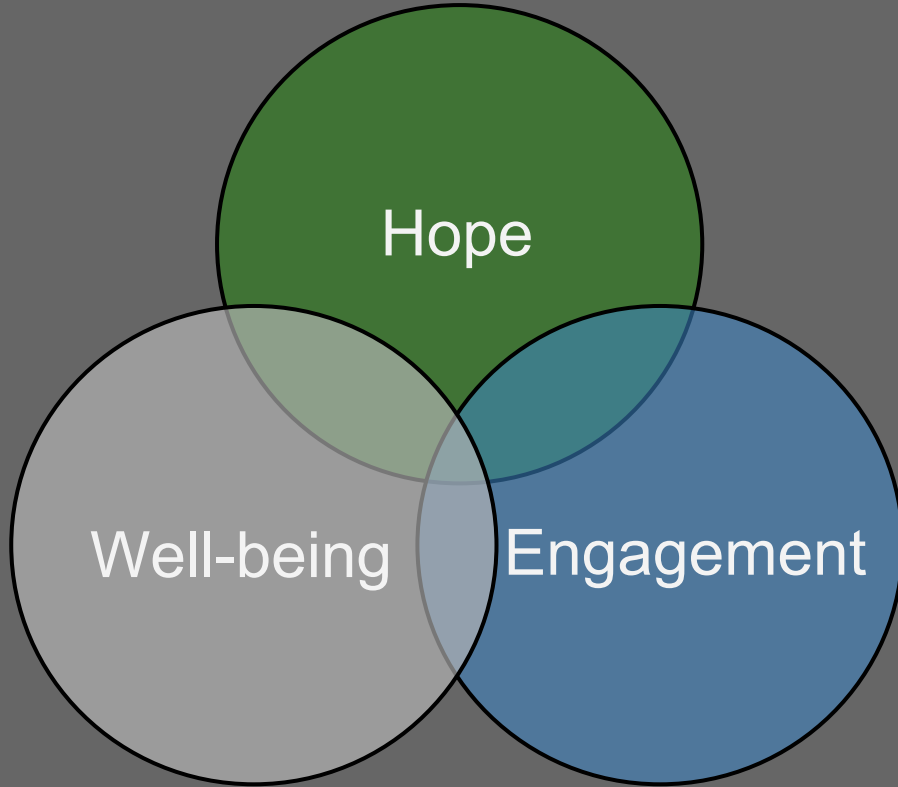


Current Education Measures Insufficient

Hope is a stronger predictor of college success than SAT and GPA.

WHAT IS THE ULTIMATE OUTCOME OF AN EDUCATION ?





In 2013, **33%** of the students in grades 5 through 12 who took the Gallup Student Poll were classified as “**success ready.**”

These same students **scored highly** on **ALL** three assessed measures.

Gallup's 2012 Daily Tracking Research

- K-12 teachers are the *least likely* among the 12 occupational groups studied to agree that, “At work, my opinions seem to count.”
- 46% report high daily stress
- 69% not engaged in their jobs
- The average engagement level of teachers *drops dramatically* in the first few years, a likely factor in low retention rates of new teachers

Students who strongly agree

“My school is committed to building the strengths of EACH student.”

“I have at least one teacher who makes me excited about the future.”

30x as likely to be *engaged* at school
as students who strongly disagree.

A supportive teacher positively correlated with 21st century skill exposure

“Teachers cared about my problems and feelings.”

23% of high school grads
vs.
16% of college grades

AND

“Teachers knew about my hopes and dreams.”

18% of high school grades
vs.
11% of college grads

The Path to Educational Success



Great Principals -- Engaged Teachers -- Engaged Students

REFLECT on Hope

- If you scored high/low for hope, why do you think that you are considered high/low in hope? Consider personal experiences, driving forces, mentors or obstacles.
- Why might students score low in hope?
- How can you help them increase their hope?
- How does increased hope affect engagement and well-being?

Teaching Hope to the Next Generation

- Link children's current thinking, efforts, and learning to their future lives.
- Teach children specific, multiple pathways to meaningful goals.
- Conduct community audits to preserve and recruit extra agency for children.

“Each time a man stands up for an ideal, or act to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and those ripples build a current which can sweep down the mightiest walls of oppression and resistance.” Robert F. Kennedy

Resources

Busteed, Brandon. *It's the Educonomy, Stupid*. Gallup Education. 2014. PDF.

Lopez, Shane J. *Making Hope Happen*. Simon & Schuster. 2013.

Treeincement. "Carol Dweck: The Effect of Praise on Mindsets." Online video clip. *YouTube*. YouTube, 11 Jun. 2010. Web. 3 Nov. 2014.