

Teacher Webinar 1: Introduction to The Growth Mindset



Educational charity registered in the United Kingdom number 11126999

Part of the webinar series on **Developing Resilient Young People**

Webinar 2: **Supporting students to learn from mistakes**

Webinar 3: **Problem solving tools and techniques**

Content

Duration: Approx. 1 hour

1. The Growth Mindset
 - a. What is it?
 - b. Why is it important?
2. The Learning Journey
3. Metacognition
 - a. What is it?
 - b. How does it link to Growth Mindset?
 - c. Why is reflection on learning so important?
4. Practical Tool 1
5. Practical Tool 2
6. The School Enterprise Challenge
 - a. How can it help young people develop a Growth Mindset



All participants will receive an **attendance certificate** when they complete the post-webinar survey

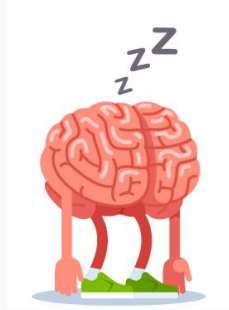


Presentation slides and **list of resources** will be shared after the webinar

The Growth Mindset

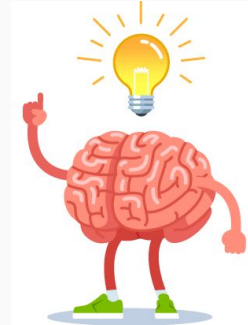


Theory by
Carol Dweck,
award-winning
psychologist.



Fixed Mindset

The belief that your intelligence, ability and talents are fixed traits.



Growth Mindset

The belief that your intelligence, ability and talents can be developed through effort and hard work.

Why is mindset important?



Mindset	Intelligence is <u>fixed</u>	Intelligence is <u>grown</u>
<i>Priority...</i>	I must show that I am intelligent	I can improve my learning
<i>Looks for...</i>	Easy successes, fewer competitors	Challenges, smart friends and opportunities to learn
<i>Avoids...</i>	Challenges, higher performing peers	Tasks and challenges that I've already mastered
<i>When things get tough...</i>	I get frustrated, I walk away, or I cheat	I try harder, revise my strategy. I show resilience, creativity and Grit and become a better learner.

The Learning Journey

Learning is

- Messy
- Not a linear process

Learning involves

- Struggles
- Re-learning



KNOWLEDGE

Understanding the facts about business and the environment



SKILLS

What to do and how to do it.
21st Century Skills e.g.
leadership, teamwork,
communication and problem-solving,
creativity and business skills



ATTITUDE

Metacognition – Higher order thinking skills, the ability to reflect and learn from experience

Growth mind-set – the belief that basic abilities can be developed

The learning journey

Metacognition

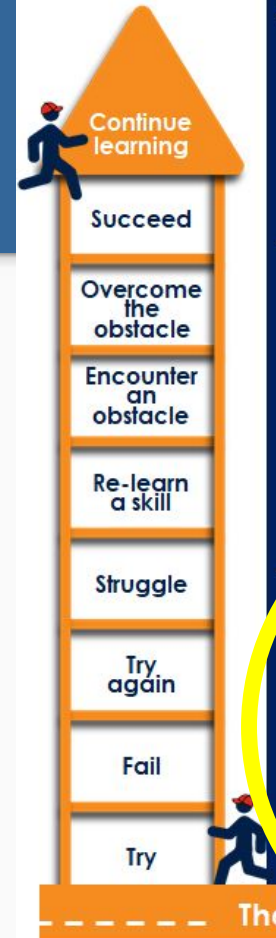
& the role of reflection in learning and Growth Mindset



- Official definition of ‘metacognition’:
 - Awareness and understanding of one’s own thought processes
- Put more simply:
 - Thinking about thinking
 - Having a conscious approach to thinking
- Example:
 - “I got an A in the test!” vs. “XYZ contributed to my success in the test”

Learning journey

Growth Mindset and metacognition
are the **foundations of the learning journey**



KNOWLEDGE

Understanding the facts about business and the environment



SKILLS

What to do and how to do it.
21st Century Skills e.g.
leadership, teamwork,
communication and problem-solving,
creativity and business skills



ATTITUDE

Metacognition – Higher order thinking skills, the ability to reflect and learn from experience

Growth mind-set – the belief that basic abilities can be developed

The learning journey

Why is reflection so important?

*“We do not learn from experience...
we learn from reflecting on experience.”*

John Dewey,
Philosopher, psychologist and education reformer

Practical Tool 1: Student Thinking Journals



Duration of project: **It's up to you!** (1 week, 1 month, 1 term , 1 year,...)

Duration of initial exercise: **30 to 60 minutes**

Equipment: **Pen, notebook/paper, metacognition survey questions**

- Instructions for teacher:
- 1. Explain** 'metacognition' to students
 - a. Awareness and understanding of one's own thought processes*
 - b. Thinking about thinking*
 - c. Having a conscious approach to thinking*
 - 2. Check** understanding of students, give praise

Practical Tool 1: Student Thinking Journals



3. **Share** the Metacognitive Survey

Can be adapted to your students

4. Students **discuss** in pairs

5. Pairs **present** to group

Metacognition Survey

1. Describe a time you felt frustrated by something new
2. What do you do when you don't understand something?
3. How do you connect new information to things you already know?
4. Describe how you feel when you learn something new
5. Did you have any challenges in today's learning? How did you overcome those challenges?
6. What could you have done better to improve your learning today?

Practical Tool 1: Student Thinking Journals



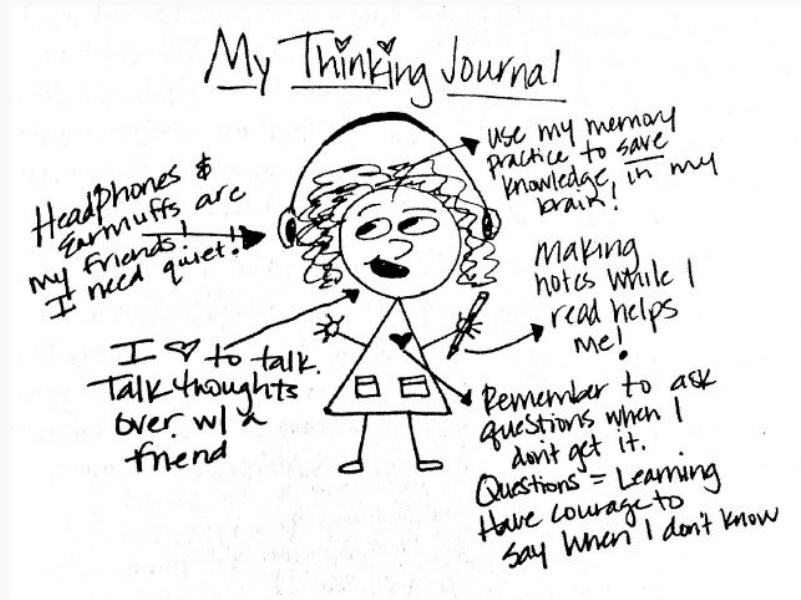
5. **Set** personal assignment:

Creating a 'thinking self-portrait'

“Draw a picture of yourself which explains how you think and learn best. You can use images and/or words. Be as creative as you like!”

Suggestion: In class or homework

Variation: Act out rather than draw



Example from *The Growth Mindset Playbook: A Teacher's Guide to Promoting Student Success* by Annie Brock and Heather Hundley

Practical Tool 1: Student Thinking Journals



During the project: **Keep track of learning** (in Thinking Journal) with phrases like:

- I know I'm learning when...
- This reminds me of...
- I'm feeling...
- I'm curious if... Etc.

At the end of the project: **Draw another 'thinking self-portrait'**
and **compare with original self-portrait**

Let's
discuss
together

Practical Tool 2: Teacher Reflection Journal



How do you as a teacher create a **happy** and **collaborative** classroom?

- In what ways do you provide your students with opportunities to build relationships and connect with one another in a collaborative spirit?
- Do your students understand how each learner begins in their own special place and moves at their own pace towards their own individual goals?
- How do you teach your students to encourage one another in their development and growth?

Let's
discuss
together

The School Enterprise Challenge

& how it can help develop a Growth Mindset

- Free educational programme by Teach A Man To Fish
- Participants (students and teachers) go on an entrepreneurial journey
 - Business Idea -> Business Plan -> Launch and run
- A great platform for developing a Growth Mindset and reflective skills

www.schoolenterprisechallenge.org



Useful resources



TED talk: [“The power of believing that you can improve”](#) by Carol Dweck



TED talk: [“Grit: the power of passion and perseverance”](#) by Angela Duckworth

You can read more about Carol Dweck’s work on the Growth Mindset on her [Wikipedia page](#) as well as well as the [MindsetWorks website](#).

Useful resources

Many of the examples given in this presentation are inspired from the book **“The Growth Mindset Playbook: A Teacher’s Guide to Promoting Student Success”** by Annie Brock and Heather Hundley. You can read a preview and buy the book on Google Books [here](#).

You can read more about **metacognition** on the edutopia.org blog article: [“Metacognition: The Gift That Keeps Giving”](#). Scroll down to find a section on ‘How to Teach Students to Be More Metacognitive’.

Feedback & attendance certificate

Help us improve our webinars and **get your attendance certificate** by filling in this very short survey:

[Click here to take survey](#)

Stay connected with us

Teach A Man To Fish

Website: <https://www.teachamantofish.org.uk/>

Facebook: <https://www.facebook.com/teachamantofish/>

Twitter: <https://twitter.com/TeachAManToFish>

Instagram: <https://www.instagram.com/teachamantofishglobal/>

Email: info@teachamantofish.org.uk

School Enterprise Challenge

Website: <https://www.schoolenterprisechallenge.org/>

Facebook: <https://www.facebook.com/schoolenterprisechallenge/>

Twitter: <https://twitter.com/SchEnterprise>

Email: info@schoolenterprisechallenge.org

References

- “The Growth Mindset Playbook: A Teacher’s Guide to Promoting Student Success” by Annie Brock and Heather Hundley
- Icons used in presentation are from www.flaticon.com (made by [Freepik](#), [Pause08](#) and [monkik](#))