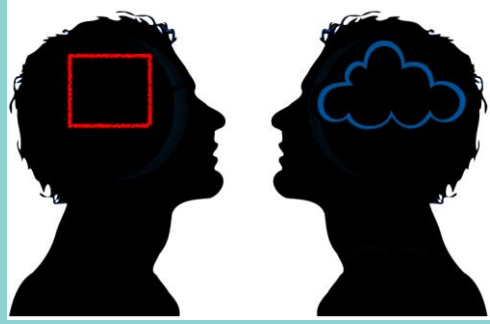
COUNSELLING & CLINICAL SERVICES

Growth Mindset



Jasmine Bajwa, M.A., R. Psych

Engineering Satellite Psychologist

ICE 2-300

Counselling & Clinical Services

2-600 SUB

780-492-5205

mentalhealth.ualberta.ca

UNIVERSITY OF ALBERTA
COUNSELLING & CLINICAL SERVICES

WE CARE HOW YOU'RE FEELING

Counselling & Clinical Services

- C&CS team:
  - Psychologists
  - Psychology Interns
  - Mental Health Consultants
  - Psychiatrists
- Services offered:
  - Initial consultations (30-40 mins)
  - Counselling (individual and group)
  - Drop-In Workshops
  - Faculty and Staff Consultations
  - Outreach & Collaborations
  - Referrals to campus and/or community resources

SUB 2-600
780.492.5205

Office Hours:
Monday-Friday 8:30 – 4:30 pm
Tues/Wed 8:30 – 7pm

Satellite Offices:
Engineering
Humanities/Arts
Science

** Online resources – www.mentalhealth.ualberta.ca

Have you ever thought…

"I'm never going to get this."

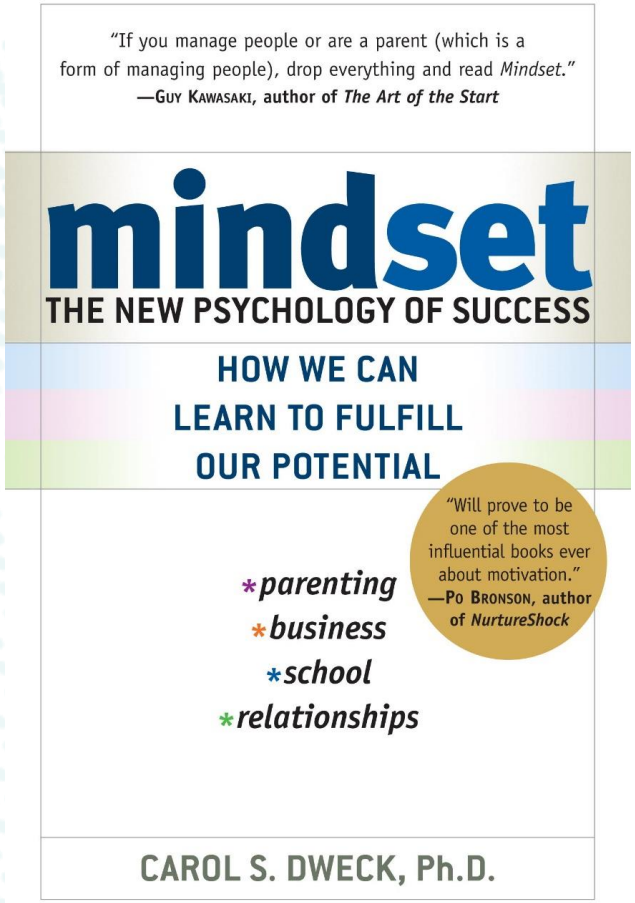
"I'm not smart enough for this class."

"I've never been a math person, that's just not me."

"Why bother? I'm going to fail anyways."

"Maybe I'm not meant to be a ____."

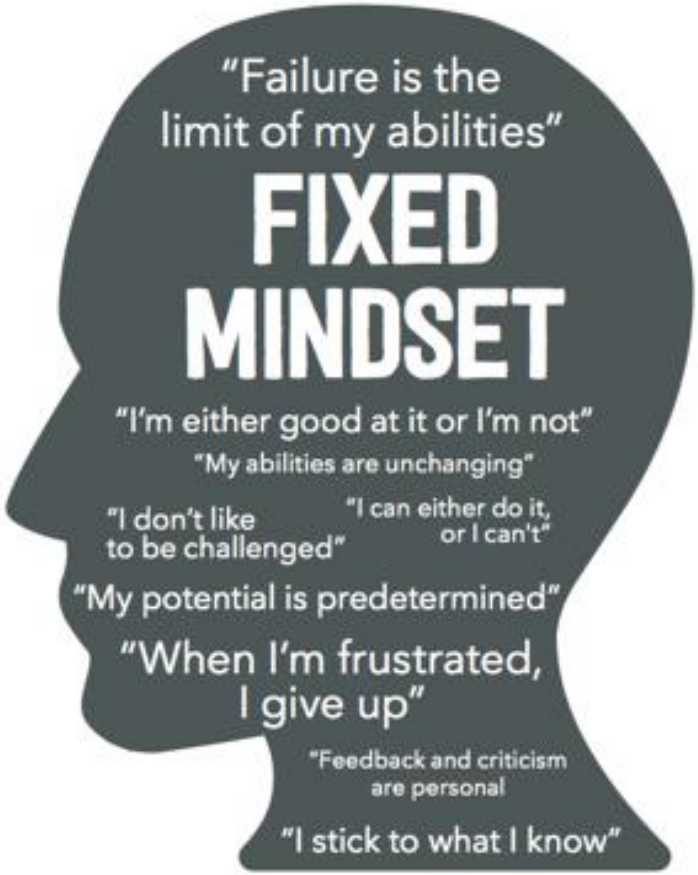
Growth Mindset – Carol Dweck



"The passion for stretching yourself and sticking to it, even (or especially) when it's not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives"

~ Carol Dweck

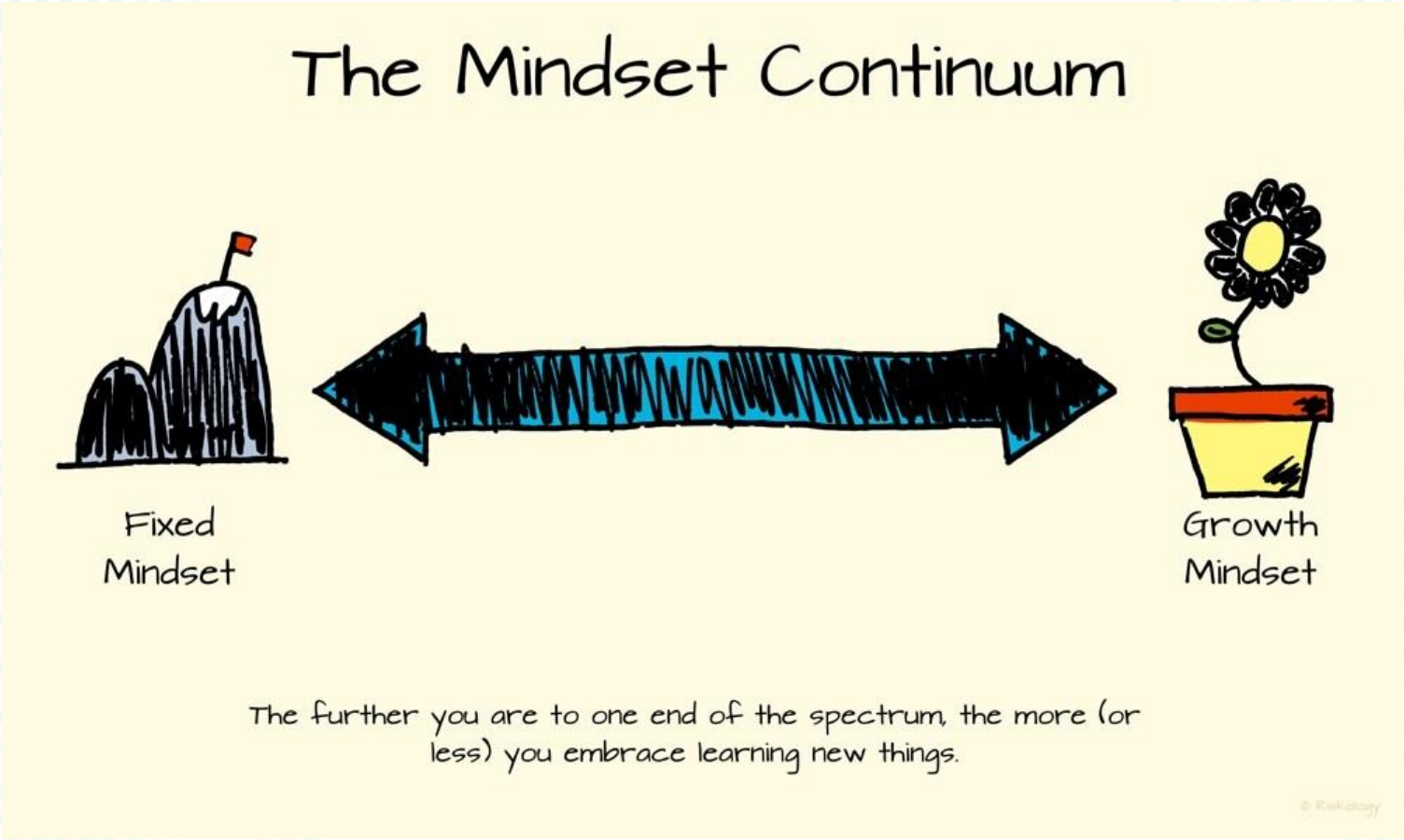
"Failure is an opportunity to grow"
GROWTH MINDSET
"I can learn to do anything I want"
"Challenges help me to grow"
"My effort and attitude determine my abilities"
"Feedback is constructive"
"I am inspired by the success of others"
"I like to try new things"


"Failure is the limit of my abilities"
FIXED MINDSET
"I'm either good at it or I'm not"
"My abilities are unchanging"
"I don't like to be challenged"
"I can either do it, or I can't"
"My potential is predetermined"
"When I'm frustrated, I give up"
"Feedback and criticism are personal
"I stick to what I know"

A Growth Mindset Drives Motivation and Achievement

Blackwell, Trzesniewski & Dweck (2007) *Child Development*

Growth vs. Fixed Mindsets



Growth vs. Fixed mindsets – Why it matters

Mindsets are lenses through which we see the world.
They influence how we think, feel, and act.

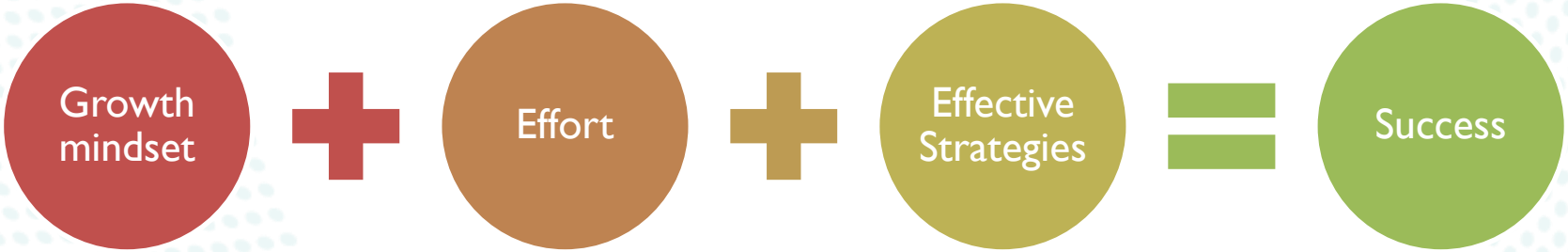
GROWTH VS. FIXED MINDSETS – WHY IT MATTERS

GROWTH MINDSET		FIXED MINDSET
• COME FROM HARD WORK. • CAN ALWAYS IMPROVE	SKILLS	• SOMETHING YOU'RE BORN WITH • FIXED
• SHOULD BE EMBRACED • AN OPPORTUNITY TO GROW. • MORE PERSISTANT	CHALLENGES	• SOMETHING TO AVOID • COULD REVEAL LACK OF SKILL • TEND TO GIVE UP EASILY
• ESSENTIAL • A PATH TO MASTERY	EFFORT	• UNNECESSARY • SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH
• USEFUL • SOMETHING TO LEARN FROM • IDENTIFY AREAS TO IMPROVE	FEEDBACK	• GET DEFENSIVE • TAKE IT PERSONAL
• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.	SETBACKS	• BLAME OTHERS • GET DISCOURAGED

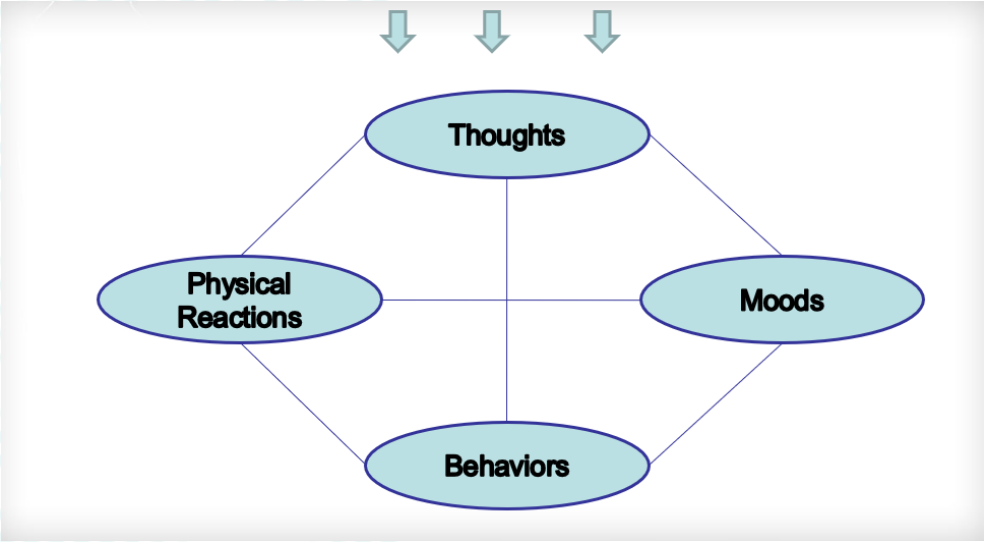
©Sarah Andersen

Growth Strategies for Success

Success is not just about having the right mindset and working hard, you also need to use <u>effective strategies.</u>



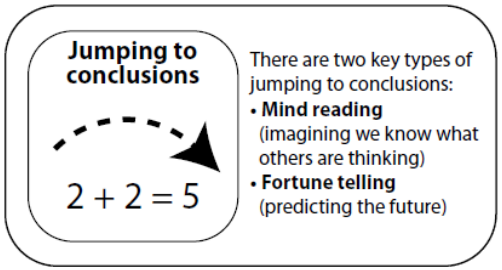
Fostering Growth Mindset - Changing your thoughts

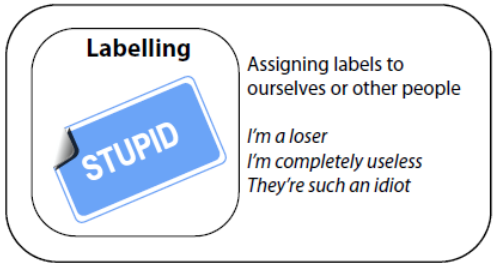


- Our thoughts determine how we interpret events, which influences our emotions, physical reactions, and our behavioural responses
- We tend to have automatic thought patterns that make us feel bad about ourselves and are unhelpful
  - We think they're true, but they may not be
- By changing our thinking we can create more balanced and adaptive thoughts

Unhelpful thinking patterns

- It's common to have unhelpful, automatic thoughts that are accepted as true, even though they might not be true





I'm either good at English or not.

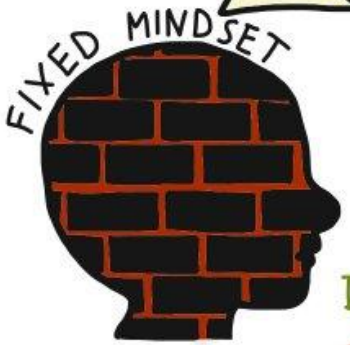
I'm going to fail this course anyways, so why try?

I'm such an idiot for failing that midterm. I'm too dumb for university.

Changing our Thinking

1. Identify your automatic thoughts
2. Label the unhelpful thinking patterns underlying your thoughts
3. Develop more helpful thoughts that will help you achieve your goals

10 Growth Mindset Statements



What can I say to myself?

INSTEAD OF:	TRY THINKING:
I'm not good at this.	1 What am I missing?
I'm awesome at this.	2 I'm on the right track.
I give up.	3 I'll use some of the strategies we've learned.
This is too hard.	4 This may take some time and effort.
I can't make this any better.	5 I can always improve so I'll keep trying.
I just can't do Math.	6 I'm going to train my brain in Math.
I made a mistake.	7 Mistakes help me to learn better.
She's so smart. I will never be that smart.	8 I'm going to figure out how she does it.
It's good enough.	9 Is it really my best work?
Plan "A" didn't work.	10 Good thing the alphabet has 25 more letters!

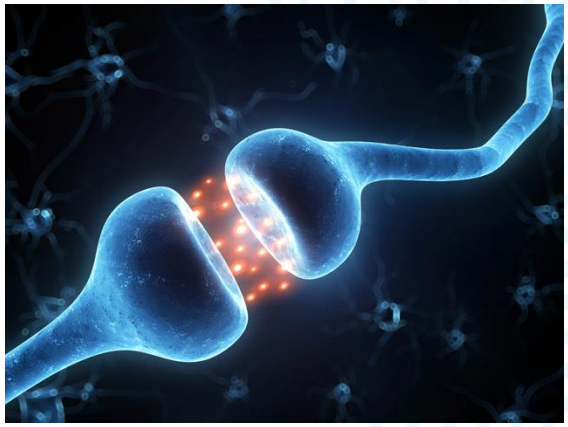
(Original source unknown)

@sylviaduckworth

How Does Working Hard Make Me Smarter?

Because Neuroplasticity

- Neuroplasticity = how the brain changes in response to experience
  - Formation of new connections (synapses) between brain cells
  - Strengthening of existing connections
  - Weakening of connections are no longer used



- Previously thought that brains were pretty fixed by adulthood
  - But science is showing that this is not true!
  - Our brains continue to change throughout our lives

Enhancing Effort – AKA: GRIT

- Grit = **passion** and **perseverance** for long term goals
  - Passion is about being committed to a goal long term ("Falling in love and staying in love")
  - Perseverance is constantly striving to improve, despite setbacks ("Never give up" attitude)
- Those who have higher grit (are grittier) are more likely be successful
  - More likely to graduate high school on time
  - Tend to achieve higher GPAs after controlling for SAT scores
  - Make it through rigorous military training
- Research shows that grit is more predictive of success than ability!

Just keep swimming

Developing Grit

Perseverance

- Foster a growth mindset
- Deliberate Practice
  - Target weaknesses
  - Look for challenges
  - Get feedback

Passion

- Can take a while to find your passion (this is normal!)
- Explore & Experiment
  - Done through activity vs. self-reflection
- Find a support network that will encourage you

Develop Effective Strategies

- Ask a friend, TA, or professor for help
- Take advantage of resources on campus
  - Engineering Student Success Centre
  - Centre for Writers (free one-on-one writing help)
  - Decima Robinson Support Centre for Math and Stats (free one-on-one tutoring, exam study sessions, weekly calculus review seminar)
  - Physics Tutorial Centre (free tutoring for certain courses)
  - Academic Success Centre (cost involved: individual consultation or workshops)
  - SU Tutor registry (cost involved: private tutors)

Academic Success Centre (SUB 1-80)

Academic Strategies Workshops

- Getting Started Series (FREE) +

- Advanced Studying and Writing In-Class Essays +
- Learning in Your Lecture +
- Managing Exams +
- Mastering Multiple Choice +
- Planning for Finals +
- Planning Your Paper +
- Scheduling for Success +
- Studying Strategically +
- Tackling Texts +
- Taming Your Terms +
- Thriving in Your Seminar +
- WASPs (Weekly Applied Skills Practice) +

Further workshops

Anxiety Management

- Addressing Anxious Thoughts +
- Facing Fears and Gaining Control +
- Impostor Syndrome +

Mood & Wellness

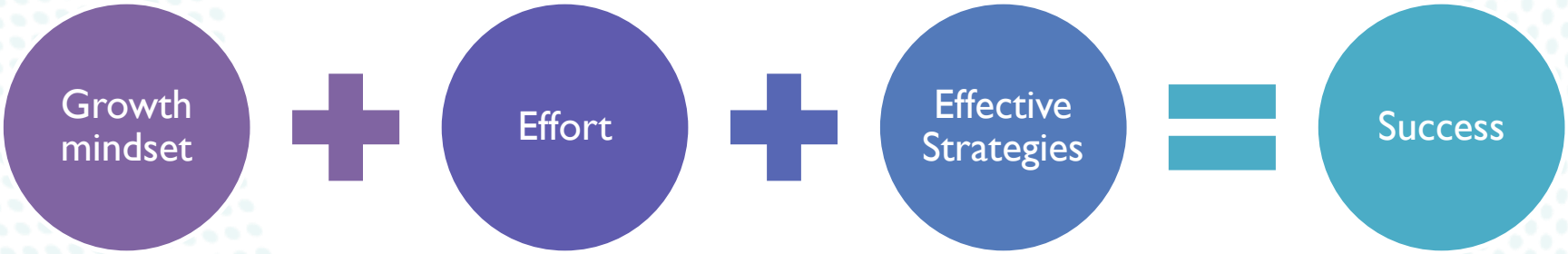
- Cultivating Self-Compassion +
- Happiness: Moving to Wellness +
- How to Set Healthy Boundaries +
- Make Stress Your New BFF +
- The Student Life: Managing Stress +
- Understanding Depression & Addressing Unhelpful Thinking Patterns +

Mindfulness

- Introduction to Mindfulness +
- Yoga for Mental Hygiene +
- Yoga for Peace of Mind - Mindfulness, Meditation & Motion +

https://www.ualberta.ca/current-students/counselling/workshops

In Summary:



QUESTIONS?

Thank You!

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