Growth Mindset

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Counselling & Clinical Services
2-600 SUB
780-492-5205
mentalhealth.ualberta.ca
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”

“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

I can get smarter

Learning is my goal

Effort makes me stronger

I’d spend more time and work harder

Higher Achievement

Growth vs. Fixed Mindsets

The Mindset Continuum

The further you are to one end of the spectrum, the more (or less) you embrace learning new things.
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

<table>
<thead>
<tr>
<th>Growth Mindset</th>
<th>Fixed Mindset</th>
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<tbody>
<tr>
<td><strong>Skills</strong></td>
<td><strong>Challenges</strong></td>
</tr>
<tr>
<td>• Come from hard work.</td>
<td>• Something you’re born with</td>
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<tr>
<td>• Can always improve</td>
<td>• Fixed</td>
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<tr>
<td>• Should be embraced</td>
<td>• Essential</td>
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<tr>
<td>• An opportunity to grow.</td>
<td>• A path to mastery</td>
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<tr>
<td>• More persistent</td>
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<tr>
<td>• Essential</td>
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<tr>
<td>• A path to mastery</td>
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How do you draw so well?

Practice.

It must be an innate gift... A gift from God...

It's practice.

I'll never understand how some people are so talented... A mystery...

Practice.

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Growth Strategies for Success

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

**Fixed Mindset**

**Instead Of:**
- I'm not good at this.
- I'm awesome at this.
- I give up.
- This is too hard.
- I can't make this any better.
- I just can't do Math.
- I made a mistake.
- She's so smart. I will never be that smart.
- It's good enough.
- Plan "A" didn't work.

**Growth Mindset**

**Try Thinking:**

1. What am I missing?
2. I'm on the right track.
3. I'll use some of the strategies we've learned.
4. This may take some time and effort.
5. I can always improve so I'll keep trying.
6. I'm going to train my brain in Math.
7. Mistakes help me to learn better.
8. I'm going to figure out how she does it.
9. Is it really my best work?
10. Good thing the alphabet has 25 more letters!

(Original source unknown)
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!
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)

<table>
<thead>
<tr>
<th>Academic Strategies Workshops</th>
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<tr>
<td>Getting Started Series (FREE)</td>
<td>+</td>
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<tr>
<td>Advanced Studying and Writing In-Class Essays</td>
<td>+</td>
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<tr>
<td>Learning in Your Lecture</td>
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<td>Managing Exams</td>
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<td>Mastering Multiple Choice</td>
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<td>Planning for Finals</td>
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<td>Planning Your Paper</td>
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<td>Scheduling for Success</td>
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<td>Studying Strategically</td>
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<td>Tackling Texts</td>
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<td>Taming Your Terms</td>
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<tr>
<td>Thriving in Your Seminar</td>
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<tr>
<td>WASPs (Weekly Applied Skills Practice)</td>
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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](https://www.ualberta.ca/current-students/counselling/workshops)
In Summary:

Growth mindset + Effort + Effective Strategies = Success
QUESTIONS?
Thank You!

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