

The growth mindset playbook

by Character Lab (<https://newsela.com/view/cl5ip8aw000083f65rlgepbmo/?levelId=cl5ip8b0z08jn08ncgdml3kv8>)

| Student-Created Annotations | Summary | Required Annotations |
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| Student-created | | Required (bold) |

Why does growth mindset matter?

Having a growth mindset helps you focus on developing your abilities rather than proving how smart or talented you are. Compared to a fixed mindset, a growth mindset encourages you to embrace challenges, sustain effort, and try new strategies—and that’s true for both children and adults. Of course, no one **embodies** only a growth or fixed mindset; we are all a mixture of the two, and we can learn to recognize what triggers a fixed versus growth mindset. Shown evidence that the brain is like a muscle—something you can strengthen—students adopt more of a growth mindset about intelligence and earn higher grades. Finally, the concept of growth mindset doesn’t only apply to intelligence: If there are qualities you don’t like about yourself or others, keep in mind that people can change.

Pulse check

Right now, how true are the following statements for you?

- After I make a mistake, I always look for ways to learn from it.
- I love challenges because they make me smarter.
- I truly believe that people can change.
- I can always change how intelligent I am.

How do I encourage growth mindset in others?

Much remains to be discovered about how teachers and parents can encourage a growth mindset in young people, but here are some **preliminary** suggestions.

Model it. Share stories of when you fell short of your expectations but nevertheless learned an important lesson: “I made the wrong decision that day. At first, I avoided thinking about it, but eventually I realized I needed to learn from the mistake. What I realized was...”

Celebrate it. Avoid praising young people for being “gifted,” “talented,” or “a natural.” Instead, praise the process of learning: “I’m so proud of you—when you got stuck on the problem, you tried a different way to solve it and didn’t give up!”

Questions

1. What is a summary of a growth mindset?

2. Choose one of the following and respond to it:
 - After I make a mistake, I always look for ways to learn from it.
 - I love challenges because they make me smarter.
 - I truly believe that people can change.
 - I can always change how intelligent I am.

3. Does Charlie have a growth mindset or a fixed mindset? Back this up with evidence from the text.