1. I can learn anything because I was born to learn.
2. I can train my brain through practice.
3. I can choose my thoughts when things are challenging.
4. I know failure is an important part of my success.
5. I take ownership of my mistakes and learn from them.
6. I do not let setbacks keep me from accomplishing goals.
7. I believe that I can do difficult things.
8. I take charge of my own learning.
9. I encourage others to have a growth mindset.
10. I celebrate my own growth and progress.

I HAVE A GROWTH MINDSET!
WHAT DOES IT MEAN TO BE SMART?

Use a pencil to circle T if you believe the statement is mostly true, or F if you think it’s mostly false.

1)  T  F  People are born either smart or dumb.
2)  T  F  Some people aren’t very good or kind, and they can’t change that.
3)  T  F  The more you work at something, the better you will be at it.
4)  T  F  I don’t like doing things that are hard for me.
5)  T  F  I sometimes get mad or upset when people tell me about my mistakes.
6)  T  F  You can choose to change the way you think.
7)  T  F  No matter how hard I try, there are some skills I’ll never be able to have.
8)  T  F  You have to be born with talent for sports and music to be good at them.
9)  T  F  I appreciate when parents and teachers give feedback about my performance.
10) T  F  You can improve your talent in reading or math with practice.
11) T  F  If spelling doesn’t come easy to you, you probably won’t ever be good at it.
12) T  F  I enjoy learning new things even when I don’t understand them at first.
13) T  F  The important parts of who you are as a person don’t change.
14) T  F  You can learn new things, but you can’t change how intelligent you are.
15) T  F  People who are truly smart people don’t need to try hard.
I was born to learn!

5 years ago, I didn’t know how to….

Last year, I didn’t know how to….

This year, I am learning how to….
I HAVE TRAINED MY BRAIN THROUGH PRACTICE

I'm good at... I trained my brain to be good at it by...

[Blank spaces for five entries]
## I CAN CHOOSE MY THOUGHTS WHEN THINGS ARE CHALLENGING

<table>
<thead>
<tr>
<th>Fixed Mindset</th>
<th>Growth Mindset Replacement Thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can’t do this.</td>
<td></td>
</tr>
<tr>
<td>I’m so dumb.</td>
<td></td>
</tr>
<tr>
<td>I hate when I mess up.</td>
<td></td>
</tr>
<tr>
<td>I want to quit.</td>
<td></td>
</tr>
<tr>
<td>This is too hard.</td>
<td></td>
</tr>
<tr>
<td>I hate when I’m corrected.</td>
<td></td>
</tr>
<tr>
<td>I’ll never get it.</td>
<td></td>
</tr>
<tr>
<td>I wish I was smart.</td>
<td></td>
</tr>
<tr>
<td>This is good enough.</td>
<td></td>
</tr>
</tbody>
</table>

### Other Examples

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INTERVIEW SCRIPT AND NOTETAKING SHEET

Person’s Name _________________________________________________________________

I am interviewing you because I admire how you _________________________________

____________________________________________________________________________

and I want to learn about how you achieved your success. Can you tell me about a time
in your life when you did NOT succeed?

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

Did you ever feel like giving up? How did you keep going?

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

What did you learn from the mistakes you made?

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

How did your unsuccessful times help you experience the success you have today?

____________________________________________________________________________

____________________________________________________________________________

____________________________________________________________________________

Thank you for sharing your experiences with me!
INTERVIEW SUMMARY

I interviewed ____________________________

because I admire how s/he ____________________________

___________________________________________________________________________________

___________________________________________________________________________________

This person did NOT experience success when ____________________________

___________________________________________________________________________________

___________________________________________________________________________________

But s/he kept going by ____________________________

___________________________________________________________________________________

___________________________________________________________________________________

Through those mistakes, this person learned ____________________________

___________________________________________________________________________________

___________________________________________________________________________________

Those unsuccessful times helped ____________________________ experience success later on because ____________________________

___________________________________________________________________________________
I TAKE OWNERSHIP OF MY MISTAKES

When I make a mistake, I can tell myself:

When other people point out my mistakes, I can tell them:
I learn and grow from my mistakes

A recent time when I did not get something right and someone else pointed out my mistake

What I told myself when I didn’t get it right

What someone said to me about my mistake

How I responded to that person

Actions I chose to take next

How I achieved success in the end

What I learned from making my mistake
**WE HAVE OVERCOME SETBACKS**

- spent a lot of time
- stayed focused
- tried different strategies
- found helpful resources
- got feedback from others
- determined to succeed

<table>
<thead>
<tr>
<th>Me</th>
<th>My Friend</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A goal I accomplished</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>How I accomplished it</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Setbacks I experienced</strong></td>
<td></td>
</tr>
<tr>
<td>1)</td>
<td></td>
</tr>
<tr>
<td>2)</td>
<td></td>
</tr>
<tr>
<td><strong>How I overcame my setbacks</strong></td>
<td></td>
</tr>
<tr>
<td>1)</td>
<td></td>
</tr>
<tr>
<td>2)</td>
<td></td>
</tr>
<tr>
<td><strong>What makes me proud of this:</strong></td>
<td></td>
</tr>
</tbody>
</table>
I HAVE DONE DIFFICULT THINGS!

I surprised myself with how hard I worked when...

I worked hard because...

When I got frustrated and wanted to give up, I kept going by....

Now that it’s over, I think about what I accomplished, and I feel...
ADVICE ON SETBACKS

Ask 5 adults: “What do you wish every kid knew about experiencing setbacks and overcoming their problems?”

1. Name:  
   Advice:  

2. Name:  
   Advice:  

3. Name:  
   Advice:  

4. Name:  
   Advice:  

5. Name:  
   Advice:  

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GROWTH MINDSET VOCABULARY

- fixed mindset
- growth mindset
- neuroplasticity
- neurons
- dendrites
- grit
- perseverance
- resilience
- setbacks
I choose to show grit (perseverance & resilience)

I surprised myself with how hard I worked when...

I worked hard because...

When I got frustrated and wanted to give up, I kept going by....

Now that it's over, I think about what I accomplished, and I feel...
I TAKE CHARGE OF MY OWN LEARNING

I would like to become better at... I can train my brain to be good at it by...

1. 
2. 
3. 
4. 
5. 
6.
HOW I TAKE CHARGE OF MY OWN LEARNING

I wanted to get better at __________________________________________________, so I’ve made time for learning and practice by...

Sometimes I get distracted, but I stay focused by...

I don’t just try to learn this skill one way. I try different strategies to see what works best, like...

When I get stuck, I find resources to help me. For example...

I ask other people for feedback to help me improve and listen to their advice, even when it means admitting I made a mistake. For example...

I stay committed to keep going until I experience success. One example of how I showed grit (resilience and perseverance) is...

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# HOW WE CAN TEACH OTHERS ABOUT GROWTH MINDSET

**Possible formats for our presentation:**

**The format we chose is:**

**Our plan for creating our presentation:**
## GROWTH MINDSET PRESENTATION RUBRIC

### My Self-Assessment

Presentation is full of helpful, accurate information about growth mindset.

1 2 3 4 5  *Comments:*

Presentation is well-organized and easy to understand.

1 2 3 4 5  *Comments:*

Presentation is creative and enjoyable to watch.

1 2 3 4 5  *Comments:*

Group members worked well together and each did their fair share of work.

1 2 3 4 5  *Comments:*

Overall comments:

### Teacher’s Assessment

Presentation is full of helpful, accurate information about growth mindset.

1 2 3 4 5  *Comments:*

Presentation is well-organized and easy to understand.

1 2 3 4 5  *Comments:*

Presentation is creative and enjoyable to watch.

1 2 3 4 5  *Comments:*

Group members worked well together and each did their fair share of work.

1 2 3 4 5  *Comments:*

Overall comments:
HOW I’VE CHANGED MY MINDSET

- mindset
  - fixed
  - growth
- neurons
dendrites
- setbacks
mistakes
failure
- grit
persevere
resilient
- challenges
success

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<table>
<thead>
<tr>
<th><strong>Growth Mindset Vocabulary</strong></th>
</tr>
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<tbody>
<tr>
<td><strong>fixed mindset</strong></td>
</tr>
<tr>
<td>the belief that our basic qualities (like intelligence and talents) are fixed traits which cannot be changed</td>
</tr>
<tr>
<td><strong>neuroplasticity</strong></td>
</tr>
<tr>
<td>the ability of the brain to change; the way our experiences change the pathways neurons travel in the brain</td>
</tr>
<tr>
<td><strong>dendrites</strong></td>
</tr>
<tr>
<td>fibers that grow out of neurons when you listen to, read, write, talk about, or practice something</td>
</tr>
<tr>
<td><strong>perseverance</strong></td>
</tr>
<tr>
<td>the ability to keep going and stay focused when things are hard</td>
</tr>
<tr>
<td><strong>setbacks</strong></td>
</tr>
<tr>
<td>an event that ‘sets you back’ or prevents you from moving forward toward your goal</td>
</tr>
</tbody>
</table>