Mindsets & media
Which one do you like to use the most?
TPS: WHICH ONE IS IT?
- Instagram
- Snapchat
- Facebook

TPS: WHICH ONES HAD A POSITIVE EFFECT?
- YouTube
- Twitter

This social media site ranked worst for mental health
WHY

- UK Study of teenage mental health: #StatusOfMind
- Thousands of teens aged 13-17 surveyed
- What is happening in the BRAIN when we use Instagram, Snapchat and Facebook?!!
WHY DO WE LOVE SOCIAL MEDIA?

- Social connection, news, events, etc.
- Belonging to a “tribe” of people who support & encourage us
- Validation of our worldviews, interests, opinions & self-perceptions
  - “I am attractive, smart, wealthy, athletic, well-travelled, well-clothed, well-fed…”

"LIKES" & "SWIPES" FEEL GOOD!
Social media has become essential to our sense of place, belonging and identity.
**Growth Mindset**

"Failure is an opportunity to grow"

"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"

**Fixed Mindset**

"Failure is the limit of my abilities"

"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"
Question: Which Social media platform fosters the most fixed mindset? How?
“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”

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“When I’m frustrated, I give up”

“Feedback and criticism are personal”

“I stick to what I know”
WHAT’S THE IMPACT ON MINDSET?

- 1-click responses are only “Like”, swipe, or a confirmatory emoji – why is that so bad?
- Encourages perfectionism (ex. Instagram)
- Encourages narcissism (ex. Tinder)
- Curated media feed (ads, Google image)
  - Altered perception of reality
- Reinforcement of worldview & opinions
  - Echo chamber
- Loss of discourse
  - Block ‘em or Flame ‘em!!!
Political discussions on the Facebook

Lots of likes

The valley of open-mindedness

Lots of comments

Echo Chambers

Productive discussions

Flame Wars
“The failures of a fellow group member are painful, while those of a rival group member may give pleasure—a feeling that may motivate harming rivals”
MINDSET RISKS

- S.M. reinforces FIXED mindset
- Looks matter more than ideas
- “THIS is who I am/what I like/what I am good at…”
- “THIS is what people think about me(expect from me…”
- Risk-taking on S.M. can be perilous to tribe membership
  - When was the last time we posted about a **FAILURE**?

SOCIAL RISKS

- S.M. discourages open-mindedness & discourse
- Criticism is easy to give
  - My tribe will back me up
- Worldview becomes increasingly customized to existing ideas/opinions
- The world becomes smaller & more fixed/curated
- Biases are reinforced
“Everyone seeks confirmation bias.”

“Ha! I knew it!”
WE ALL HAVE BIASES...

Cognitive/Behavioral Bias

- Confirmation Bias (reinforcing)
- Bandwagon Effect (group think)
- Curse of Knowledge (expert bias)
- Hindsight Bias (I knew it all along)
- IKEA Effect (I did it myself)
- Illusory Correlation (cause-effect)
- Loss Aversion (cost of letting go)
SOCIAL/ATTRIBUTIONAL BIAS

- Authority Bias (Well THEY said it, so...)
- In-Group Bias (See! They think it too!)
- False Consensus (Everyone agrees...)
- Group Attribution Error (THOSE people...)
- Halo Effect (They’re so awesome)
- System Justification (Status quo)
- Trait Ascription Bias (Provocation, then “I already knew you were going to say/do that...”)

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“Our Beliefs become little more than opinions we are no longer willing to reconsider”

- Ramy Mahmoud
THERE IS NOTHING MORE POWERFUL THAN A MIND MADE UP...
WHAT CAN TEACHERS DO?!

× At assigned tables, discuss some possible teacher actions related to solving the following 3 issues:
  × Self-Esteem & Self-Image
  × Growth Mindset & Open-mindedness
  × Healthy Dialogue & Social Interaction
POSITIVE SELF-ESTEEM/SELF-IMAGE

- Validate differing opinions
- Encourage bravery (*make it safe*)
- Value ideas over images
- Teach “constructive” criticism
- Praise efforts to understand and empathize with others
- Praise change when it’s hard
- Encourage a “break” from S.M.?!
FOSTER GROWTH MINDSET & OPEN-MINDEDNESS

- Burst their bubble (Google images, bias tests, awareness tests, “The dress”, 3D illusions, hidden images, etc.)
- Use YouTube/TED talks (new ideas/skills)
- Follow Twitter accounts/Reddits focused on knowledge sharing & honest debate
- Teach listening & respectful dialogue
- Teach & reward empathy
- Debate/Socratic Seminar/EdCamps
**DIALOGUE: WE AREN’T ALWAYS RIGHT!**

- Help students to question their assumptions
- Show them discrepant events and counterintuitive phenomena
- Expose them to ideas/images and events that challenge their worldview
"Science is not about building a body of known 'facts'. It is a method for asking awkward questions and subjecting them to a reality-check, thus avoiding the human tendency to believe whatever makes us feel good."
~ Terry Pratchett ~

- Help students distinguish facts from opinions and beliefs
- Help students role-play what happens when beliefs meet facts
  - “The Oatmeal”
  - “Believe” comic
You’re not going to believe what I’m about to tell you.
Check THIS OUT!
PERSONAL GROWTH

- 4 areas of our self-perception
- I risk telling you about the negative traits I see in myself but no one else does (disclosure)
- I risk allowing you to tell me about my “blind spots” and misguided opinions (feedback)
- We can help our students unlock their full potential through open communication & dialogue
SCIENTISTS HAVE DISCOVERED THAT

HEARING OPPOSING VIEWPOINTS CAUSES NO REAL HARM.
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