Mindset
The new psychology of success
By Carol S. Dweck, Ph. D.
p. 245 Diagram by Nigel Holmes

Fixed Mind-set
Intelligence is static

Growth Mind-set
Intelligence can be developed

Leads to a desire to learn and therefore a tendency to...
Leads to a desire to learn smart and therefore a tendency to...

CHALLENGES
...avoid challenges
...embrace challenges

OBSTACLES
...give up easily
...persist in the face of setbacks

EFFORT
...see effort as fruitless or worse
...see effort as the path to mastery

CRITICISM
...ignore useful negative feedback
...learn from criticism

SUCCESS OF OTHERS
...feel threatened by the success of others
...find lessons and inspiration in the success of others

As a result, they may plateau early and achieve less than their full potential.
All this confirms a deterministic view of the world.

As a result, they reach ever-higher levels of achievement.
All this gives them a greater sense of free will.
A value is a guiding principle or ideal. Read the following list of common values. What do you deeply care about? Which ones matter most to you? Which do you most naturally use to guide your choices? What do you appreciate about yourself? Circle your values. Determine your top values, by thinking about your experiences of happiness, pride and fulfillment. Pick your top three. If something comes to mind that is not on this list, write it down.

Acceptance  Gratitude  Meaningful Work
Artistic ability  Happiness  Mindfulness
Belonging  Hard Work  Musical ability
Challenge  Harmony  Openness
Collaboration  Health  Peace/Non-Violence
Community  Helping Others  Perseverance
Courage  Honesty  Problem-Solving
Efficiency  Honor  Reliability
Enthusiasm  Humor  Relationships
Equality  Independence  Resilience
Ethical action  Inner Calm  Resourcefulness
Excellence  Innovation  Self-Reliance
Fairness  Integrity  Simplicity/Thrift
Faith/Religion  Interdependence  Strength
Family  Joy  Tradition
Freedom  Leadership  Trust
Friendship  Lifelong Learning  Willingness
Generosity  Loyalty  Wisdom

Decide a core value and write about it. Describe why this value is important to you, and a time in your life when you had the opportunity to really express this value. If you prefer, write about a difficult experience or decision you are facing, and how you can use this value to support or guide yourself.
Mindbugs from *Blind Spot Hidden Biases of Good People* by Mahzarin R. Banji and Anthony Greenwald. p. 3

S030 Lessons Learned from Statway with Emphasis on the Teacher’s Experience - Joan Z. Carter

**Description:** Based on a literature review, a survey, and focus group of Statway teachers, the presenter implemented group work, brain malleability and value affirmation exercises, and more in her courses. Learn easy techniques for any classroom - improve learning and sense of belonging by changing mindsets and easing stereotype threat.

**Other Resources:**

Link to full test of MS Math Research report by Joan Z. Carter
http://faculty.bemidjistate.edu/grichgels/MastersPapers/Joan%20Carter.pdf

Brain Malleability
This Nifty Infographic Is a Great Introduction to Neuroplasticity and Cognitive Therapy by Robert Montenegro
http://bigthink.com/ideafeed/this-nifty-infographic-is-a-great-introduction-to-neuroplasticity

Stereotype Threat
But I Don’t Like Beer: A Guide to Identifying and Reducing Stereotype Threat to Maximize Student Performance by Weslee S. Glenn, Elizabeth M. V. Taylor, and Catherine L. Drennan

YouTube Carol Dweck - A Study on Praise and Mindsets by Trevor Ragan
https://www.youtube.com/watch?v=NWv1VdDeoRY

Project Implicit https://implicit.harvard.edu/implicit/

Power Poses Amy Cuddy
http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are

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