Mindset Makes the Difference Part II

Educational Strategies Series

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Take-aways

1. Learning/Refreshing core Mindset concepts

2. Applying Mindset to ourselves and the people in our lives - home, work, friends

3. Thinking differently about Mindset
It’s all in your Mind(set)

What’s the BUZZ?
Why should we CARE?
How can we make MINDSET work for us?
Mindset Resources

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https://www.mindsetworks.com/
https://www.mindsetonline.com/
Why is Mindset important?

Perceive
Understand
Act

Learning about Thoughts and Emotions
Increased self awareness
Power to transform destructive patterns
Develop constructive ways of thinking and acting

SUCCESS
The Mindset “family tree”

Developers/Influences

- Carol Dweck
- Martin Seligman
- Robert Sternberg
- Fritz Heider
- Bernard Weiner
Experience your Mindset
#1 Do-Be-Do-Be-Do.
#2 Of course we judge.
#3 There are higher and lower achievers.
#4 Some (people, students, friends, family members, colleagues) are just not ____*(fill in the blank)*____ people.
#5 YES WE CAN!
Transform the conditions for failure into success.
#6 Effort does NOT necessarily make a difference.
#7 Success is REALLY what counts.
#8 People are who they are. Our jobs are to figure out their strengths and weaknesses AND to accentuate their positives.
What Kind of Mindset Do You Have?

**Growth Mindset**
I can learn anything I want to.
When I’m frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I’m inspired.
My effort and attitude determine everything.

**Fixed Mindset**
I’m either good at it, or I’m not.
When I’m frustrated, I give up.
I don’t like to be challenged.
When I fail, I’m no good.
Tell me I’m smart.
If you succeed, I feel threatened.
My abilities determine everything.
ALL growth. ALL the time.
(Really? What is the truth?)

let's talk about the elephant in the room
Experience your FEEDBACK Mindset
Your Input is Needed!

Someone important to you – child, relational partner, family member, co-worker – comes to you for advice about this situation:

(On the Next Slide…)

- **Person One**: is the loser
- **Person Two**: is the consoler
**Your Input is Needed!**

**Person One:** You really wanted to join the XXX Team and you were NOT successful.

**Person Two:** Offer comfort!... Say, “that’s okay not everyone can be that good at (blank).”
Mindset Clues...

**Fixed...**
- Alone
- Resources = MINE
- New ideas = RELUCTANT
- Guarding against invasion
- “Just tell me what you want”
- Believes people are born with a level of intelligence and nothing can change that

**Growth...**
- Collaborates
- Resources = sharing improves everyone
- Open door
- Explores possibilities
- Believes everyone can learn/succeed
### NOT Two but Three Mindsets

<table>
<thead>
<tr>
<th>Fixed</th>
<th>Healthy</th>
<th>Growth</th>
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<tbody>
<tr>
<td>1. Ability - hard wired</td>
<td>1. We are a blend of fixed and growth Mindsets</td>
<td>1. Hard wiring - starting point</td>
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<td>2. Ability - source of success</td>
<td>2. What we do, not who we are</td>
<td>2. Effort + Ability = source of success</td>
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<td>3. Effort - painful and irrelevant</td>
<td>3. Success = internal standard</td>
<td>3. Effort - FUN &amp; relevant</td>
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<td>4. You either “get it” or you don’t “get it”</td>
<td>4. Resiliency, not just effort</td>
<td>4. You learn a little at a time</td>
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Cultivate RESILIENCY

When adversity strikes

1. CHILL. BREATHE DEEP.
2. Instant replay
3. Get LIMBIC (briefly)
4. ANTs. Hot Spots?
5. Supporting evidence? Contradictory evidence?
6. Reboot - fair and balanced thoughts and feelings
7. Mood? Ready to plan next steps
Your Input is Needed! Part 2

Someone important to you – child, relational partner, family member, co-worker comes to you for advice about this situation:

Your task: offer resiliency
Your Input is Needed!

**Person One:** You really wanted to join the XXX Team and you were NOT successful.

**Person Two:** Be a RESILIENCY Coach!...

1. CHILL. BREATHE DEEP.
2. Instant replay
3. Get LIMBIC (briefly)
4. ANTs. Hot Spots?
5. Supporting evidence? Contradictory evidence?
6. Reboot - fair and balanced thoughts and feelings
7. Mood? Ready to plan next steps
How do people react to stressful events?

Disbelief, shock, numbness, guilt
Feeling sad, frustrated, helpless
Fear/anxiety about the future
Anger, tension, irritability, crying
Difficulty concentrating and making decisions
Reduced interest in usual activities
Wanting to be alone
Sleeping too much or too little; Loss of appetite
Nightmares, bad memories, reoccurring thoughts
Headaches, back pains, stomach problems
Increased heart rate, difficulty breathing
Smoking or use of alcohol or drugs

http://www.bouncebackproject.org/
Research says...

A 2012 study: feelings of stress, attitude towards stress, and public death records...

- Stress + belief stress harmful = high death
- Stress + belief stress NOT harmful = low death

The study shows it isn’t stress that kills people, it’s the BELIEF that stress is harmful.

By reshaping how you think about stress, you can RETOOL your body’s response.

https://www.youtube.com/watch?v=RcGyVTAoXEU&t=38s
TED Talk: Kelly McGonigal “How to make stress your friend”

http://www.bouncebackproject.org/
“Chasing meaning is better for your health than trying to avoid discomfort.”

~Kelly McGonigal
Building a Healthy Mindset Through the Arts

https://www.youtube.com/watch?v=6sPYE-ihy_4
Creating a Healthy Mindset Community

Grow your Healthy Mindset

RE-MEMEM-RE-MEMBER-MEMBER! trial and error, perseverance, and mistakes it took to get the successful results you have experienced.
Creating a Healthy Mindset Community

The power of “YET”

You must believe a belief can change.
You must believe you can change it.
You must believe you can change it, now.

Set goals!
Use the power of YET!
The Brain and Learning

BE A

DENDRITE

TRAILBLAZER
“To Infinity - And Beyond!”
Interested in MINDSET within a MakerSpace?...and/or Genius Hour?

Contact one of us and put "MAKERSPACE" as the SUBJECT of your EMAIL...

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