Growth Mindset: Praise the Effort Not the Grade

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Growth Mindset
A belief system that intelligence and abilities are malleable and can be expanded by effort, seeking help, and strategies (Dweck, 2006). Benefits of Growth Mindset include: Academic Success (Good et al., 2003); motivation (Blackwell et al., 2007); seeking challenges (Mueller & Dweck, 1998), resilience (Yeager & Dweck, 2012), overcoming stereotype threat (Good et al.).

Youth Impact
“A Safe Place to be a Kid”
- Kids K-12th, limited resources
- 2 mindset sessions (24 3rd-4th grade)
  - Activities/Demonstrations
    ■ Brain/Muscle activity
    ■ Basketball demonstration
- Results
  - Pre & Post tests
    ■ Clear growth mindset response
    ■ 54% cited that their brains can grow
- Future Plans
  - Parent involvement
  - Staff training

Mount Ogden Jr. High
- Two Mindset sessions-2.5 hours each
  - 8th grade students (N=10)
  - Activities/Demonstrations
    ■ Letters to WTE Students
    ■ Neuron Expansion Presentation
- Results:
  - Growth Mindset Scores
    ■ 20% growth mindset
    ■ 60% mixed
    ■ 20% fixed mindset
  - Qualitative Feedback
    ■ Teacher reports improvement in motivation
- Future Plans:
  - Teacher Training
  - Information Spots in classroom
  - Parent Information- Newsletter

Washington Terrace Elementary
- 3rd Grade Classroom (N = 22)
- 3 Mindset Sessions
  - Activities/Demonstrations
    ■ Big Hero 6 Movie
    ■ Neural Demonstration
- Results
  - Positive Correlation between teacher ratings of persistence and growth mindset score (r = .48, p = .03)
  - 68% showed Growth Mindset
  - 80% showed application to self
- Future Plans
  - Training Teachers in Growth Mindset
  - Growth Mindset Parent Night

WSU Student Experience
- Many of the kids remind me of myself growing up. Many don’t see themselves going to college, but they have so much potential.
- I plan to volunteer after graduation.
- I have gained a stronger motivation to help others.
- I increased my ability to approach & interact with others.
- I became more compassionate in regard to the struggles, dreams, & triumphs of kids.
- I learned to be patient with myself & others.

References