Cultivating a Growth Mindset

Welcome! Please complete the 3-question survey on Page 1 of the handouts.

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Strengthening Student Success
Post-Conference Session
October 2017
Cultivating a Growth Mindset Community of Practice

<table>
<thead>
<tr>
<th>Year</th>
<th>Colleges</th>
<th>Faculty</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>8</td>
<td>40</td>
</tr>
<tr>
<td>2015</td>
<td>12</td>
<td>44</td>
</tr>
<tr>
<td>2016</td>
<td>5</td>
<td>25</td>
</tr>
<tr>
<td>2017</td>
<td>6</td>
<td>28</td>
</tr>
</tbody>
</table>
Brain Function
Neural Plasticity
Neural Plasticity
Building Neural Connections
Which team won the race?
Why?
How does the race compare with developing neural pathways?
Mindset

**Fixed Mindset**
Intelligence and talent are fixed at birth.

**Growth Mindset**
Intelligence and talent can go up or down.
Fixed Mind-set 
Intelligence is static

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

CHALLENGES
...avoid challenges

Growth Mind-set 
Intelligence can be developed

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

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.
Fixed Mind-set
Intelligence is static

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

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

Growth Mind-set
Intelligence can be developed

CHALLENGES
...avoid challenges
...embrace challenges

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

EFFORT
...can effort as
...can effort as
study how incorporating growth mindset strategies directly into developmental skills courses improves learning strategies and helps students respond to educational challenges
# Habits of Mind

<table>
<thead>
<tr>
<th>Habit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Persisting</td>
<td>Stick to it! Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.</td>
</tr>
<tr>
<td>2. Managing impulsivity</td>
<td>Take your time! Thinking before acting; remaining calm, thoughtful and reflective.</td>
</tr>
<tr>
<td>3. Listening with understanding and empathy</td>
<td>Understand Others! Devoting mental energy to another person's thoughts and ideas. Make an effort to perceive another's point of view and emotions.</td>
</tr>
<tr>
<td>4. Thinking flexibly</td>
<td>Look at it another way! Being able to change perspectives, generate alternatives, consider options.</td>
</tr>
<tr>
<td>5. Thinking about your thinking (Metacognition)</td>
<td>Know your knowledge! Being aware of your own thoughts, strategies, feelings and actions and their effects on others.</td>
</tr>
<tr>
<td>7. Questioning and problem posing</td>
<td>How do you know? Having a questioning attitude; knowing what data are needed and developing questioning strategies to produce those data. Finding problems to solve.</td>
</tr>
<tr>
<td>8. Applying past knowledge to new situations</td>
<td>Use what you learn! Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.</td>
</tr>
<tr>
<td>9. Thinking and communicating with clarity and precision</td>
<td>Be clear! Striving for accurate communication in both written and oral form; avoiding overgeneralizations, distortions, deletions and exaggerations.</td>
</tr>
<tr>
<td>10. Gather data through all senses</td>
<td>Use your natural pathways! Pay attention to the world around you. Gather data through all the senses; taste, touch, smell, hearing and sight.</td>
</tr>
<tr>
<td>11. Creating, imagining, and innovating</td>
<td>Try a different way! Generating new and novel ideas; fluency, originality.</td>
</tr>
<tr>
<td>12. Responding with wonderment and awe</td>
<td>Have fun figuring it out! Finding the world awesome, mysterious and being intrigued with phenomena and beauty.</td>
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<tr>
<td>13. Taking responsible risks</td>
<td>Venture out! Being adventurous; living on the edge of one's competence. Try new things constantly.</td>
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<tr>
<td>15. Thinking interdependently</td>
<td>Work together! Being able to work in and learn from others in reciprocal situations. Team work.</td>
</tr>
<tr>
<td>16. Remaining open to continuous learning</td>
<td>I have so much more to learn! Having humility and pride when admitting we don't know; resisting complacency.</td>
</tr>
</tbody>
</table>
Ball Pass - Metacognition

Select one of the following Habits of Mind (HoM) to consider during the activity:

1. Managing Impulsivity
2. Taking Responsible Risks
3. Thinking Flexibly
4. Questioning & Problem Posing
5. Listening with Empathy
6. Persisting
Ball Pass - Metacognition

In groups of **four** (4):

1. Take three (3) balls.
2. Select a timekeeper to record your times.
3. All three balls must pass through each player’s hands.
4. Repeat and record your best time.
Ball Pass - Metacognition

1. Move to your HoM Poster.
2. Share your observations.
3. Select 2 - 3 key observations to report out to the larger group.
Habits of Mind

1. Persisting
Stick to it! Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.

2. Managing impulsivity
Take your Time! Thinking before acting; remaining calm, thoughtful and deliberative.

3. Listening with
understanding and empathy
Understand Others! Devoting mental energy to another person’s thoughts and ideas. Make an effort to perceive another’s point of view and emotions.

4. Thinking flexibly
Look at it Another Way! Being able to change perspectives, generate alternatives, consider options.

5. Thinking about your thinking
(Metacognition)
Know your knowing! Being aware of your own thoughts, strategies, feelings and actions and their effects on others.

6. Striving for accuracy
Check it again! Always doing your best. Setting high standards. Checking and finding ways to improve constantly.

7. Questioning and problem posing
How do you know? Having a questioning attitude; knowing what data are needed and developing questioning strategies to produce those data. Finding problems to solve.

8. Applying past knowledge to new situations
Use what you Learn! Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.
Thank you!

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