

**Bonus!**

**Downloadable PowerPoints  
and Reproducibles!**

See page 13 for details.

# *Integrating* **Growth Mindset** *in Schools*

Strategies and Scripts for Bringing  
Growth Mindset to Your Learning Community

Lisa King, Ed.S., LPC

GRADES

**K-12**

*Includes tips for*  
**K-8 & 9-12**

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This chapter provides an easy-to-read overview of what growth mindset is, and why it is needed in schools. Additionally, there is a literature review of the research conducted over the past 10 years showing how growth mindset has a positive impact on student achievement.

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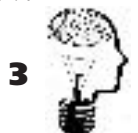
This chapter explains how schools can adopt a growth mindset initiative, along with examples for school leaders to use in setting up both development and breakout sessions for school staff.

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## Chapter 5: **Innovative Ideas for Interactive Lessons on Growth Mindset**

This chapter is full of new ideas for classroom and small group lessons, utilizing an innovative approach to present growth mindset to your students. Additionally, within each section is a PPT script to use in teaching the main concepts of growth mindset.

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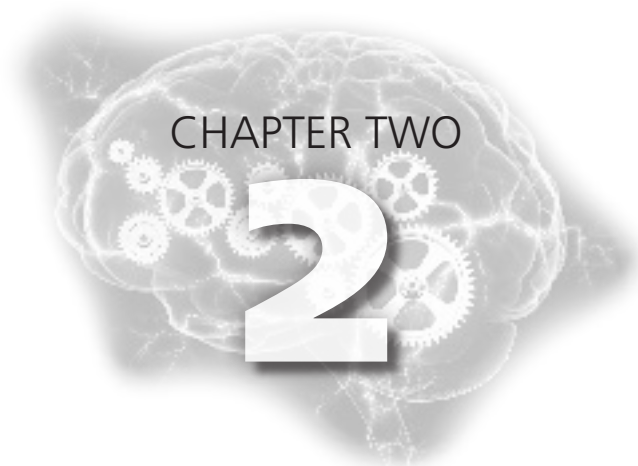
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CHAPTER TWO

# 2

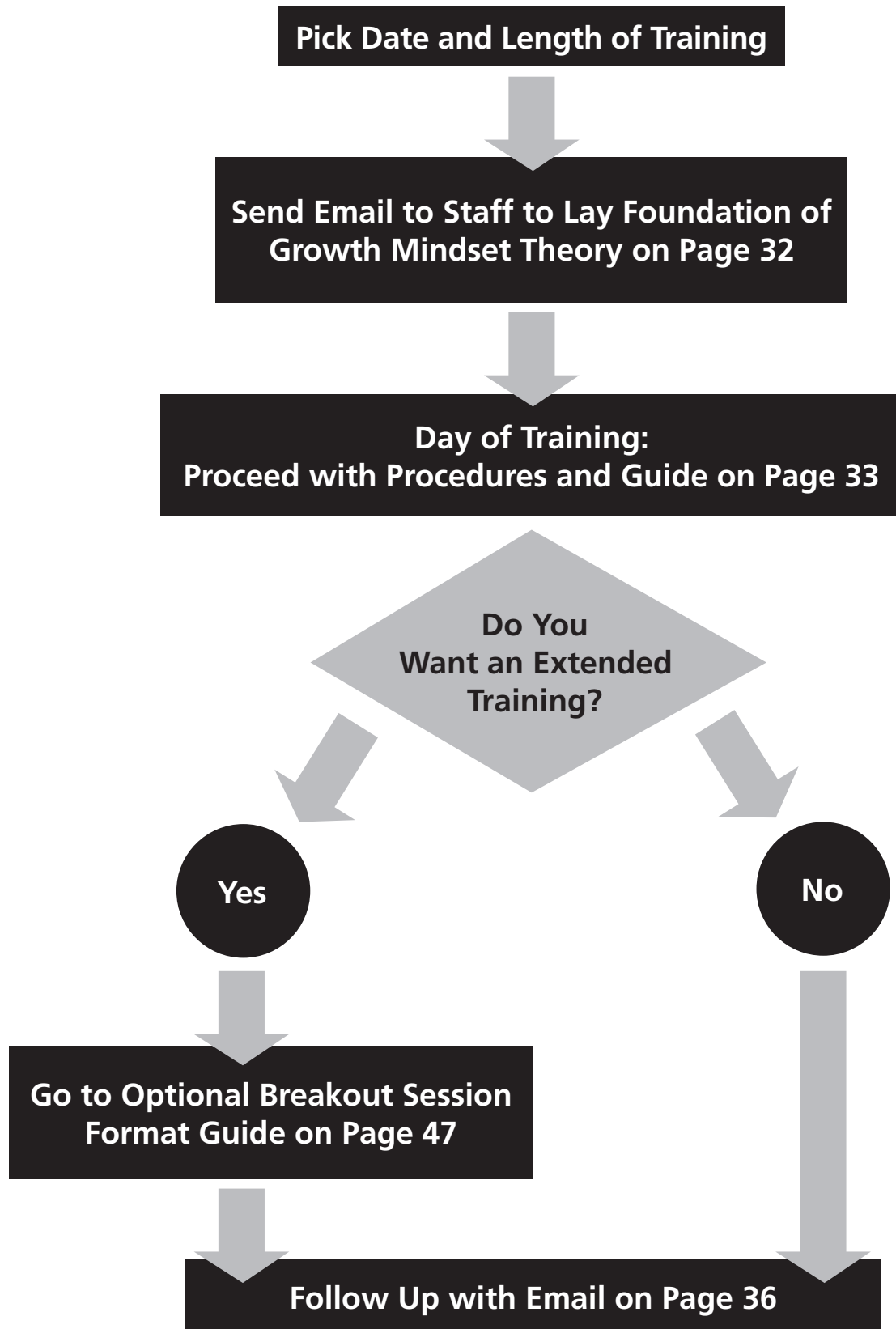
## SECTION ONE

# **Staff Professional Development (Grades K-8)**

In this section, you will find a step-by-step guide for implementing Professional Development for the K-8 staff of your school. The reproducible documents, emails, PPT, and ideas in this section serve as planning resources and include the following:

- Flowchart: How to Set Up Growth Mindset Professional Development (Grades K-8)
- Pre-Training Email To Staff (Grades K-8)
- PPT Guide for Staff Development (Grades K-8)
- Discussion Questions Staff (Grades K-8)
- Follow-Up Email to Staff (Grades K-8)

# Flowchart: How to Set Up Growth Mindset Professional Development (Grades K-8)



## Pre-Training Email to Staff (Grades K-8)



**Prior to the staff development presentation, send this email so educators in your building have a foundation for the presentation.**

To: Staff

Subject: Growth Mindset Staff Development

In preparation for our upcoming professional development on growth mindset, here are two videos you may be interested in watching. Both give helpful background knowledge that will serve as a springboard for our discussion.

1. This video explains Growth Mindset in an engaging way (8 minutes):  
Trevor Ragan, *Growth Mindset Introduction: What it is, how it Works, and Why It Matters*
2. This is the TED Talk from Carol Dweck, pioneer of the growth mindset theory (11 minutes):  
*Carol Dweck: The Power of Believing You Can Improve*

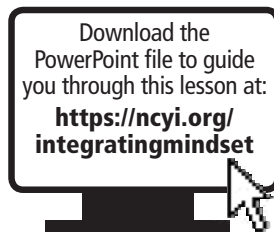
I think you will enjoy learning more about this exciting way to think differently, and I look forward to stretching our brains together!

Regards,

*If someone performed medicine the same way as 30 years ago, it would be malpractice. Same for teaching.*

– Alice Keeler





# PPT What Is Growth Mindset: Creating a School Culture of Effort and Success

*(See guide on pages 33-34 for specific script to lead training.*

*Sample slides from PPT are below)*

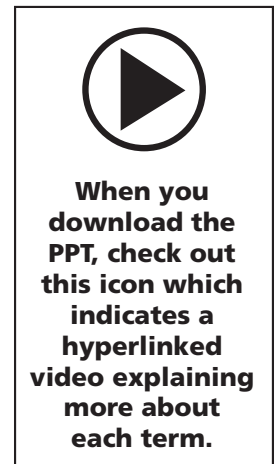
## GUIDE FOR PPT for Grades K-8 Staff Development

**Materials:** PPT from digital landing page noted above

**Duration:** This PPT can last from 15-30 minutes

**Preparation:**

1. Several days prior to training, send the email from page 40 to staff, which includes videos links that will establish a foundation for growth mindset discussion.
2. Make copies of Discussion Questions and/or Staff Handout on page 35 and/or page 16.
3. Download PPT from digital landing page (<https://ncyi.org/integratingmindset>)



**Slide # What to do/say on that slide**

1. Introduce yourself and share that today we will be learning about growth mindset.
2. Ask the group by a show of hands how many know about growth mindset.
3. Growth mindset is a concept pioneered by Carol Dweck of Stanford University. This video clip will explain more of an overview (hyperlink is on this slide, and can be found on YouTube as *Growth Mindset: What it is, How It Works, and Why It Matters*).
4. Review the benefits of teaching students about growth mindset at a young age; similar to the benefits of learning musical instruments or foreign languages at a young age.

Continued on next page.



5. Why should educators learn about growth mindset? Research has shown that if teachers adopt a growth mindset, and believe that all students CAN learn (even despite past test scores/grades) then students will achieve better than if they were in class with a teacher who has a fixed mindset (this goes along with ideas of pre-conceived notions and self-fulfilling prophecies).
6. On this slide, we see an acrostic with the word MINDSET running alongside the left. Each topic in this acrostic designates a concept that is important in understanding growth mindset. Highlight the topics of Identifying Brain Basics (neuroplasticity, the ability for the brain to grow) and the power of yet, meaning that if someone doesn't understand something it is crucial to know, the person just doesn't know it YET. Helping students understand these concepts leads to better achievement. Ensuring educators understand this concept is equally important (direct staff to video links that will help them expand their knowledge at [lisakingcounselor.com](http://lisakingcounselor.com)).
7. Show the visual of the buffet table and talk about how schools that roll out a growth mindset initiative start at different levels. We are sampling from the buffet by choosing to implement staff development pieces. In your individual classrooms, or collectively, we will come back and try things from the "buffet."
8. Three of the major concepts within growth mindset are: neuroplasticity, the power of yet, and grit.
9. One of the goals for today's session is for you to have some concrete ideas of what you can do to help students adopt a growth mindset. This video clip shows the importance of praising effort instead of intelligence. Watch this video clip that explains more about this research (video can be found on YouTube titled *Carol Dweck: A Study on Praise and Mindsets*).
10. Discuss how to reinforce growth mindset in your classrooms.
11. Research, both on the international level and in local schools, helps us show stakeholders how teaching growth mindset can influence achievement scores.
12. Give participants a moment to talk to someone next to them about ideas of how implementing growth mindset ideas might look in their classroom.
13. On a scale of 1-5, how much do you feel like you now know about growth mindset?
14. Thank you for stretching your brain with me today!

**Extension:** Have staff turn in answers to the discussion questions for a raffle. Prizes can be gift card or a jeans pass, an early out, extra planning time, etc.



# Staff Discussion Questions (Grades K-8)

Please answer these questions as we go through training.

1. What is the difference between growth mindset and fixed mindset?
2. Why is it important for students to learn about growth mindset and the power of yet?
3. What is the benefit of teachers adopting a growth mindset?
4. How do you think you can incorporate growth mindset concepts into your program/  
classroom?



## Follow Up Email to Staff (Grades K-8)



**Below is an email that can be sent to staff after delivering a staff training. This email will reiterate some of the main points of training and also provide additional resources to those who might be interested.**

Hello Fellow Staff,

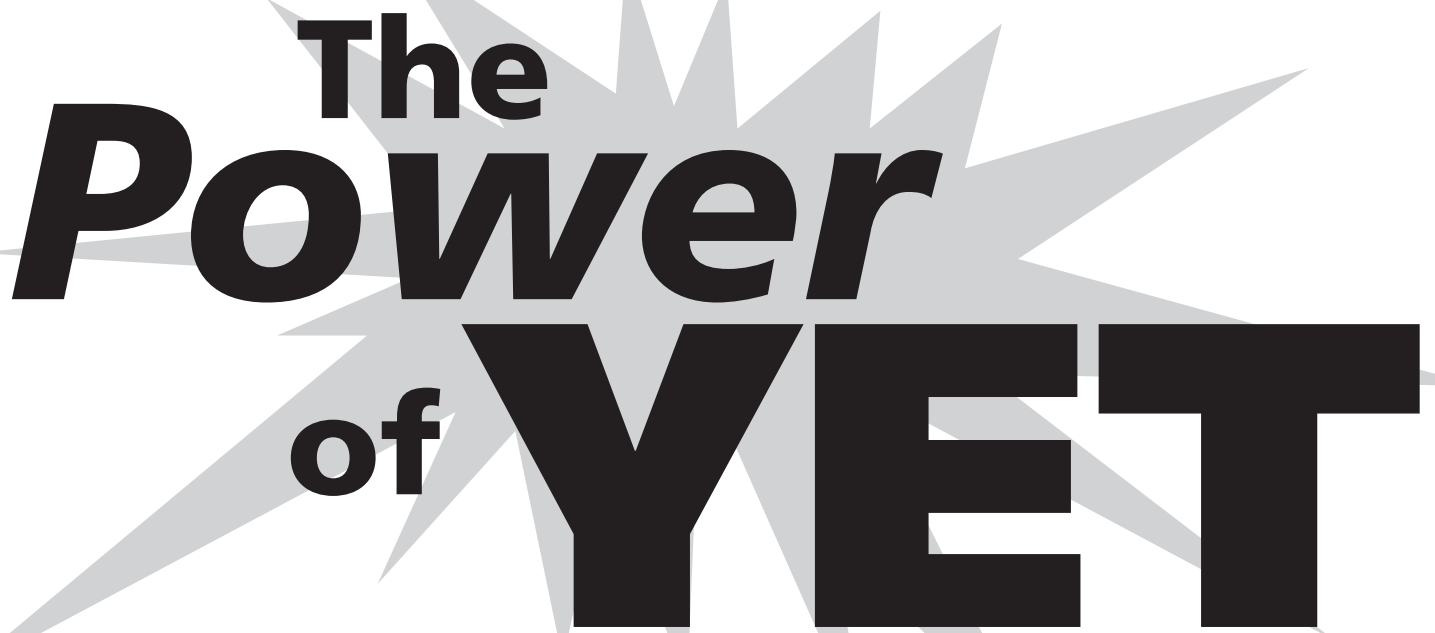
I wanted to follow up on our professional development on growth mindset. I hope you learned a few things that provide fresh insight and inspiration. One of the main things I took away is the need for us to try new things, **EVEN IF THEY DON'T WORK**. This gives us an opportunity to explain to students how we try new things, and ask for feedback so we can continually work to make things better. This can also be valuable for students as they strive to get better, one step at a time. I look forward to seeing our school filled with programs that integrate the power of yet, the importance of grit, and the process of neuroplasticity, and am glad to walk this journey of learning with you!

If you are interested in more information about growth mindset, see this website for books, articles and videos that will help stretch your brain.

<http://bit.ly/2slHYPb>

Regards,





The  
**Power**  
of **YET**

**is...**

understanding that  
when you  
"can't do it,"  
it's only that you  
can't do it **YET.**

Lisa King, author of ***Mindset Matters***, is back with engaging information and rich resources to help you bring Growth Mindset to your entire school!

What do most educators want? A research-based, easy-to-implement program that gets results. ***Integrating Growth Mindset*** is a guide to help you streamline growth mindset into school programs with a well-structured, evidence-based method to deliver information, specifically broken into K-8 and 9-12.

This manual provides email templates, scripts, and downloadable PowerPoints for:

- Parent Workshop Outline on Growth Mindset
- Staff Professional Development Outline on Growth Mindset
- Single Lesson Outline for Implementing a Classroom Lesson on Growth Mindset

Along with:

- Mini Posters
- Innovative and Interactive Lessons for Group and Classroom



**Lisa King, Ed.S, LPC** has worked with students developing and using innovative practices as a school counselor for 20 years. She has won numerous awards in her district and presented her programs at local and national conferences. Lisa has previously authored four books including *Teaching Career Essentials* and *How to Create A College Day*. She is excited to present this new school counseling curriculum that incorporates Growth Mindset concepts into classroom and small group lessons. Lisa lives in Marietta, GA with her husband and daughter.



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