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.
Reading for Professional Development: Lessons from *Mindset* & *Daring Greatly*

UW-Madison Advising Conference
February 23, 2015
Abby Lemke
To apply what we learn from various professional development resources to:

* Our advising appointments with students
* To our professional growth as academic advisors
* To our own personal growth
“Mindset”

* **Mindset: The New Psychology of Success**
  * By Carol S. Dweck, Ph.D.
  * Professor of Psychology at Stanford

* **TED Talk: The Power of Believing You Can Improve**
  * http://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en
A mindset is a mental attitude that determines how you will interpret and respond to situations.
Too often students believe the brain is static, leading them to think that talent and giftedness are permanent, unchanging attributes.
* Students believe that their most basic abilities can be developed through dedication and hard work.
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.
If someone else succeeds, I feel threatened.
My abilities determine everything.
Attributes of the 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.
* If someone else succeeds, I am inspired.
* My effort and attitude determine everything.
“The view you adopt for yourself profoundly affects the way you lead your life.”

~Carol Dweck Ph.D.
“Is success about learning or proving that you are smart?”

Pages 16-17, *Mindset*
*Growth mindset and the College Transition*

Pages 60-61, *Mindset*
*Self-insight: Who has accurate views of their assets and limitations?*

Page 11, *Mindset*
In groups of 3-4 discuss how you might utilize information about the Growth Mindset in advising?

Possible discussion items:
- First-Year Student Transition
- Academic Probation
- Limited Enrollment Programs
- Career Advising
“Daring Greatly”

* Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead
* By Brene Brown, Ph.D., LMSW
* Professor of Social Work at the University of Houston

* TED Talk: The Power of Vulnerability
“Daring Greatly”

- TED Talk: Listening to Shame
The Biggest Myth About Vulnerability

* Video-

* https://www.youtube.com/watch?v=ZkDaKKnFi6Y
In groups of 3-4 discuss the following questions:

* What does courage look like in advising? When does it take courage (vulnerability) to be your best “advising” self with students?

Possible Discussion Items:

* Students who are struggling emotionally
* Students who are from backgrounds different from your own
Thank You for your attention & participation!

Keep Calm
and
Have a Growth Mindset