

Activity 2: Growth vs. Fixed Mindset Poster

Using your students' input, make a two-column poster on the beliefs and behaviors of a growth mindset and how it compares to a fixed mindset. Explain that you can have a fixed mindset in one domain and a growth mindset in another - they aren't necessarily black and white concepts. Urge students to map out how beliefs influence behaviors which ultimately lead to results.

If they need scenarios to help them brainstorm, use the examples below or create your own! What are the behaviors/thoughts of people that believe intelligence can be developed when:

- ...they put a lot of effort into practicing for a basketball game but still lose?
- ...they don't understand what they are learning in math class?
- ...they are not putting any effort into a project but got an A anyway?

Use this poster as a reference throughout the year to help students recognize when they have a fixed mindset and to give them ideas on methods to shift towards a growth mindset.

Here's an example of what this poster might look like:

FIXED	GROWTH
I'm not that good at this	What am I missing?
I'm awesome at this	I'm on the right track
I give up	I'll use some of the strategies we've learned.
It's good enough	Is this really my best work?
I just don't have a math brain and I never will	I'm going to train my brain in math.
Plan A didn't work	Good thing the alphabet has 25 more letters.