

HOW TO DEVELOP A GROWTH MINDSET

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(IN A PERFORMANCE ORIENTED ENVIRONMENT)
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LEARNING OUTCOMES

- To be able to effectively **define** the concept of a “growth mindset”
- **Assessing** how a growth mindset can be applied in a fast-pace academic environment at USC

WHAT IS GROWTH MINDSET ?

Concept developed by Stanford Professor Carol Dweck

- Defined as a mindset in which individuals view **“view success as resulting from the expenditure of effort”**
- In contrast, Dweck explains that some individuals may fall within a “fixed mindset” : **“view success as dependent on the amount of intelligence one has to begin with”**



Clip Art

HOW THE BRAIN DEVELOPS

- Modern brain imaging has demonstrated that when people acquire new skills the areas of the brain responsible for these skills become more dense w/ neural tissue -- this process is known as **neuroplasticity**
- **Neuroplasticity** disputes the claim that the brain does most of its maturation before Kindergarten

Image from Google images



WHAT ARE THE WAYS TO KEEP A GROWTH MINDSET ???

IN A FAST PAST ENVIRONMENT AT USC?



Image from USC
website

TIPS TO MAINTAINING A GROWTH MINDSET

1. Learn to hear your fixed mindset “voice”
2. Recognize that you have a choice
3. Talk back to your challenges w/ a Growth mindset voice !
4. Take the growth mindset action !

Thank you!!!

REFERENCE

- <http://mindsetonline.com/changeyourmindset/firststeps/>
- Dembo, M. H., & Seli, H. (2016). *Motivation and learning strategies for college success: a focus on self-regulated learning* (5th ed.). New York: Routledge