



Our Learning Focus - Mindset:

QMS Learning Goal:

To optimize student engagement and achievement by fostering a growth mindset at the school where all members of the learning community believe they can develop their efficacy through effort, strategy development and use, and perseverance.



Summary of Dweck's *Mindset*

Fixed vs Growth

ability is static

- avoids challenges
- gives up easily
- sees effort as fruitless
- ignores useful criticism
- threatened by others

ability is developed

- embraces challenges
- persists in obstacles
- sees effort as necessary
- learns from criticism
- inspired by others' success

Fostering a Growth Mindset at Home:

One way that parents can really help their children is by carefully choosing the words that are used when they praise them. Every word parents say and action they perform sends a message to their children. These words and actions tell children how to think about themselves. Parents are encouraged to praise their child's efforts instead of praising accomplishments. The following table includes some examples:

Instead of:	Try:
You are really athletic!	You really work hard and pay attention when you are on that field!
Your drawing is wonderful; you are a born artist!	I can see you have been practicing your drawing; what a great improvement!
You are so smart!	You work hard in school and it shows!
You are a great athlete. You could be the next Pelé!	Keep practicing, and you will see great results!
You always get good grades; that makes me happy.	When you put forth effort, it really shows in your grades. You should be proud of yourself. We are proud of you!

So the next time you are ready to praise your child, stop and think about how to use that opportunity to praise their effort instead of accomplishments.

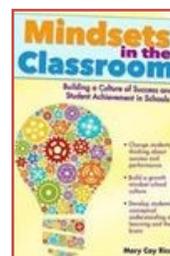
Adapted from "Mindsets in the Classroom Building a Culture of Success and Student Achievement in Schools" Ricci, Mary Cay 2013

The following links provide more information about mindsets and praise:

How to Praise Children: <https://youtu.be/4vUAxILi0Zo>

Carol Dweck: A Study on Praise and Mindsets: <https://youtu.be/NWv1VdDeoRY>

In our next newsletter we will look at learning from failure and the Power of Yet.



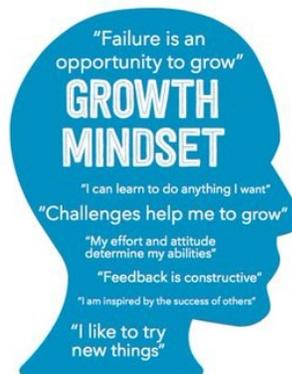


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The Power of Yet:

One of the most powerful words in our vocabulary is “yet.”

When struggling with negative mindset statements, try rephrasing using the word “yet.” For example: “I’ll never understand this lesson!” to “I don’t understand it yet, but with some strategies and practice, I am confident I will.”

Here are two links regarding the “Power of Yet.”

Carol Dweck on the Power of Yet: <https://youtu.be/ZyAde4nllm8>

Sesame Street: Janelle Monae” Power of Yet: <https://youtu.be/XLeUvZvuvAs>

IF YOU ARE TEMPTED TO SAY
"I CAN'T"
HAVE THE COURAGE TO ADD
"YET"

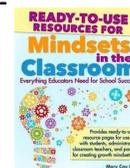
Learning From Failure:

From the moment our children are born, we want to protect them. Our instincts are to catch them before they fall. It is not easy to see our children struggle with whatever goal they are working toward...from learning to walk to getting into their first choice of university. In order to raise resilient, confident, optimistic children, we must learn to be comfortable when they make a mistake and/or fail. Without struggle, it is difficult to develop coping skills, grit and resiliency. Parents and teachers can model this; let your child(ren) see you being persistent and overcoming challenges...not quitting because something is “too hard.”

Allow your Children to Learn from Failure: <http://www.tricitynews.com/community/allow-your-children-to-learn-from-failure-1.1386910>

Michael Jordan on Failure: <https://youtu.be/45mMioJ5zsc>

Adapted from “Ready-to-Use Resources for Mindsets in the Classroom” pg. 71 Ricci, Mary Cay 2015





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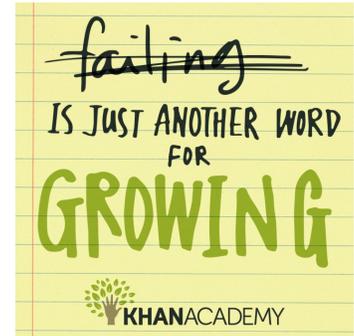
QMS Students Present!:



On Tuesday, March 7, 2017 grade 5 students, Gunjot Nahal and Susanna Ujfalusi, and grade 6 student, Eshnoor Cheema, presented to the Board of Education on **Mindfulness and Mindset**. The presentation was informative and the students represented our learning focus at QMS well!

Fixed versus Growth Mindsets:

Fixed Mindset	Your Situation	Growth Mindset
Intelligence and talent are fixed and you are born with all you get!		Intelligence and talents can be changed by work and effort.
To look smart or talented in every situation. To never fail.	What you desire?	To stretch and grow. To try things and take risks because you can learn.
Will you fail or succeed at this event or task? Will this event or task make you look smart or dumb? Afraid to fail.	Your evaluation of the possible task or event	Will this event help you learn and grow? Will it challenge you? Not afraid to fail
Avoid challenges because you could fail. You fear challenges.	How you face challenges?	Embrace challenges because they offer the opportunity to grow. You love challenges!
Give up easily and blame someone or something.	How you face external obstacles?	Persist despite the existence of obstacles
Why bother? It can't change anything. Effort means you lack talent.	How you see effort and work?	Fantastic. Any growth requires effort and work. Effort is the path to success.
Ignore criticism. Become defensive. How can you hide the criticism?	How you take feedback/criticism?	Interested. You want to learn from criticism. How can this help you grow and learn?
Threatened and fearful. If someone else succeeds then they might be viewed as more talented than you.	How do you feel about other people's success	Happy. Other people's success means that you can learn from them. You are inspired!
Impede cooperation and teamwork, feedback and growth	Effect on Others	Invite cooperation and teamwork, feedback and growth
Fixed mindset people tend to plateau and achieve less than their full potential	End Result	Growth Mindset people tend to keep growing and reach higher and higher levels of achievement.



"If we only did things that were easy, we wouldn't actually be learning anything. We'd just be practicing things we already knew."
— David Dockterman

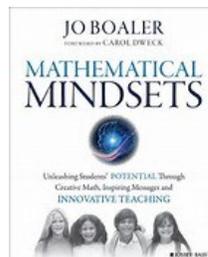


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As a staff, we have been exploring the book “Mathematical Mindsets” by Jo Boaler during our staff meetings. District Learning Facilitator, Josh Angiola has been guiding our discussions. We are pleased to share some of the highlights of our learning to date. Many thanks to Josh for his work with our staff!

Supporting a Growth Mindset:

How do we foster a growth mindset in our students?

Celebrate mistakes!

Don't give up!

Praise effort not intelligence

Encourage student

Respect other

Take risks!

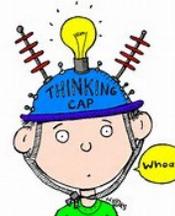
Embrace challenges

Accept criticism

Learn from one another

Different ways to be mathematical:

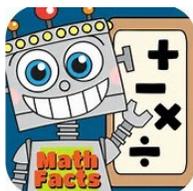
- Performing calculations
- Asking good questions
- Proposing ideas
- Connect different methods
- Use multiple representations
- Reasoning via different pathways
- Reflecting on goals and concepts



“No one is good at all these ways of working, but everyone is good at some of them.”

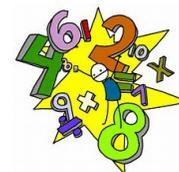
Math Facts for a Growth Mindset:

- Jo Boaler (author of “Mathematical Mindsets” and professor of mathematics education at Stanford University) has never memorized the math facts
- Times drills and repetitive rote practice...
 - ⇒ often cause math anxiety
 - ⇒ are boring
 - ⇒ encourage fixed mindsets
- Instead, focus on conceptual understanding



Growth Mindset and Math:

- Believe in everyone’s ability to be mathematical
- Value mistakes...that’s how we learn!
- Failure and struggle are important
- Value depth not speed
- Encourage questions and discussion
- Value creativity and sense making
- Give growth praise over fixed praise





Our Learning Focus - Mindset:

Student Reflections:

I learned it's okay to fail because that's how you learn. Also, that's how your brain grows...by mistakes.

Learning about Growth Mindset told me to be open to learn new things and not say, "No, I don't like it."

I learned that having a Fixed Mindset won't get you anywhere and that a Growth Mindset will help you overcome different challenges.

Learning about Growth Mindsets helped me because I was influenced to keep trying no matter what challenges I faced.

I learned that failure is a way to success.

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Failure makes me learn from my mistakes.

Having a Growth Mindset motivated me to keep trying and to not give up even when it gets hard.

A Growth Mindset helps me remember to not give up with a couple of low marks.

I learned that if I don't win, it is ok because I got to try and I did not give up.

