

Mindset Observation Lab

Directions: During different classes and conversations throughout the day, observe how often people use fixed mindset language versus growth mindset language. Also, consider the “internal dialogue” you may be using. Is it encouraging or negative?

In the table below, use check marks to tally the number of times you hear (observe) fixed mindset vs growth mindset. Examples of each have been provided.

Examples of Growth Mindset Language	# of Observations	Examples of Fixed Mindset Language	# of Observations
<ul style="list-style-type: none"> • <i>Wow!</i> • <i>Look at that!</i> • <i>Tell me about it.</i> • <i>Show me more</i> • <i>How did you do that?</i> • <i>Let’s see what you did</i> • <i>How do you feel about it?</i> • <i>How did you figure that out?</i> • <i>That looks like it took a lot of effort.</i> • <i>How many ways did you try it before it turned out the way you wanted?</i> • <i>What do you plan to do next?</i> • <i>That looks like it took so much work</i> • <i>Are you pleased with what you did?</i> 		<ul style="list-style-type: none"> • <i>Smart</i> • <i>Cute</i> • <i>Great</i> • <i>Fast</i> • <i>Best</i> • <i>Pretty good</i> • <i>Good</i> • <i>Quick</i> • <i>Clever</i> • <i>Beautiful</i> • <i>Lovely</i> • <i>Intelligent</i> • <i>Right</i> • <i>Amazing</i> • <i>The best</i> • <i>Better than _____ (another person)</i> 	
<ul style="list-style-type: none"> • “You’re doing so much better...you’re really improving and growing.” • “Wow, you’re really getting better at this.” • “Great, you’re really using some good strategies.” • “Great, you’ve learned so much!” • “You are really using the right strategies [such as...]” • “You have the skills, now we are going to strengthen them.” • “You started out knowing a lot, let’s grow what you know.” 		<ul style="list-style-type: none"> • “Good job, you’re smart at that.” • “See, I told you you’re smart.” • “Oh, you got that right away, you must be good at that.” • “See, I think you’re secretly a math person.” • “You’re such a great writer...so great at science, etc...” • “I’m glad this is so easy for you 	
<ul style="list-style-type: none"> • “When it is hard, it means you can grow.” • “No matter where you start, everyone can improve and grow with effort, using the right strategies.” • “The feeling of math being hard is the feeling of your brain growing.” • “The point isn’t to get it all right away; the point is to grow your understanding step by step.” 		<ul style="list-style-type: none"> • “Overall you’re really smart, but maybe you’re just not a math person.” • “Not everybody is good at math. Just get through it.” • “Well, maybe math is not your strength.” • “Don’t worry about it. You’ll do better next time.” • “No one is good at everything.” • “You would have done better had you tried harder.” 	

<ul style="list-style-type: none">• “So you got a low score. It doesn’t mean you can’t get this. It means you have a chance to learn a lot.”• “This is just a measure of what you can do right now. It is not a measure of what you can ever do.”		“Keep trying and you’ll get it.”	