FIXED & GROWTH MINDSETS

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Director for Learning Innovation and E-learning
Tonight...

Explore who you are and what you believe that drives your behaviors.
SOLVE THE PUZZLE

In groups...

- Identify **someone to record** what is said
- **Talk out loud** (self talk)
- **Solve the puzzle**
SOLVE THE PUZZLE

Use the numerals 1, 9, 9 and 6 exactly in that order to make the following numbers: 28, 32, 35, 38, 72, 73, 76, 77, 100 and 1000.

You can use the mathematical symbols +, -, ×, /, √, ^ (exponent symbol) and brackets.

Example: 1×9+9×6 = 63
1 + 9 + √(9) × 6 = 28
(1/√(9)) × 96 = 32
-19 + (9 × 6) = 35
19 / (√(9) / 6) = 38
(1 + √(9)) × √(9) × 6 = 72

19 + (9 × 6) = 73
1 + (9 × 9) - 6 = 76
-19 + 96 = 77
1 + √(9) + 96 = 100
(1 + 9)^(9 - 6) = 1000

https://www.mathsisfun.com/puzzles/1996-solution.html
SOLVE THE PUZZLE

WHAT DID WE HEAR?
OBJECTIVES

- In your own words, **DEFINE fixed** and **growth** mindsets.
- **Determine** your current mindset.
- **IDENTIFY 2 LIFE AREAS** to move from a **fixed** to a **growth** mindset.
- **DEVELOP A MANTRA** for moving from a **fixed** to a **growth** mindset.
“What it is, How it Works, and Why it Matters” (8:25 min.)

https://www.youtube.com/watch?v=75GFzikmRY0
WHO or WHAT determines our mindset?
IN YOUR OWN WORDS...

Define a **FIXED** mindset.

Define a **GROWTH** mindset.
DO YOU HAVE A FIXED OR GROWTH MINDSET?

8 questions – Answer quickly!

Share results in the chat.
Is our MINDSET CONSISTENT across ALL knowledge, skills, & attitudes?
- Identify 2 areas of life (1 growth; 1 fixed)
- Current **FIXED** mindset; want to move to **GROWTH** mindset
- What steps are required to move from a **FIXED** to a **GROWTH** mindset?
SHARE.
(chat or unmute)
What’s my mantra?
DEVELOP A MANTRA

- Review:
  (https://www.ntaskmanager.com/blog/growth-vs-fixed-mindset)
  - “Growth Mindset vs. Fixed Mindset” table
  - “How to Develop a Growth Mindset”

- Write YOUR mantra!
Where will this show up in your life in the next few weeks?
## Virtual Student Success Workshops

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<thead>
<tr>
<th>TOPIC</th>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Time Management and Productivity (workshop survey)</td>
<td>September 9</td>
<td>Zoom recording</td>
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<td>Resources: slides, semester planner, weekly planner</td>
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<tr>
<td>Study Practices that Produce Results (workshop survey)</td>
<td>September 16</td>
<td>Zoom recording</td>
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<tr>
<td>Resources: slides and The Study Cycle</td>
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<tr>
<td>Didn't do so well on your first exam? (workshop survey)</td>
<td>September 30</td>
<td>Zoom recording</td>
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<td>Good test taking practices and how to combat test anxiety</td>
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<tr>
<td>Fixed and Growth Mindset</td>
<td>October 14</td>
<td>6:30 pm (CST)</td>
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<td>Mid-Semester and online classes got you down? How to stay motivated</td>
<td>October 28</td>
<td>6:30 pm (CST)</td>
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<td>and fight procrastination</td>
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<tr>
<td>How full is your cup? How to practice self-care and stay well</td>
<td>November 4</td>
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<td>Financial Wellness -- Your money, your goals</td>
<td>November 11</td>
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<tr>
<td>#FinishStrong -- How to Prep for Finals</td>
<td>December 2</td>
<td>6:30 pm (CST)</td>
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