

Bridge

[Cultivating a Growth Mindset: Pre-Recorded Webinar \(70 minutes\)](#)

Do you get frustrated when you make a mistake? Are you quick to give up?

A growth mindset empowers you to embrace change and to take on new challenges. A culture of growth within organizations is a foundation for resilience and persistence. This session will review ways to develop your own growth mindset, as well as encourage you to support positive messaging to our students, supporting them to cultivate a growth mindset as well.

Learning Objectives:

- Define and evaluate our mindset beliefs. What are fixed and growth mindsets and what are the consequences of each?
- Learn to reframe our responses to failure and to value our mistakes.
- Review strategies to help us to “mind the messages” we tell ourselves and to build learning resilience.

[Fostering Growth Mindset in Higher Education \(20 minutes\)](#)

Learning Objectives:

- Identify and apply the concepts of fixed mindset and growth mindset.
- Explore the impact of mindset on students and faculty.
- Recognize effective strategies for encouraging growth mindset.
- Intended Audience: All Employees

[Growth Mindset \(5 minutes\)](#)

One of the major initiatives UNT has on our strategic plan is student success. This presentation shows you some ideas for encouraging student success through activities that encourage a growth mindset.

Academic Impressions

- [Shift Your Mindset to Build Resilience](#)
 - Webcast Summary: building resilience to better manage conflict, change, and/or work/life balance; 50 minutes; resources to download
 - eight factors to help build your resilience
 - ABC Model/develop more constructive patterns of behavior when faced with obstacles
- [How to Encourage Academic Grit and a Growth Mindset in Your Students](#)
 - 04/31/2017

- Blog Notes: 5 ways to help students (share concepts, offer preassessments, praise/feedback, low-impact formative assessments, scaffolding assignments/final products)

Student Experience Research Network

- [Mindsets and the Learning Environment: Relationships Between Mindsets and Academic Outcomes in a Statewide System of Higher Education](#)
 - Summer 2018
 - Notes: snapshot of key findings

Blog Posts from NeuroLeadership Institute

- GM “Master Class” [12 blog posts](#) – mostly a campaign about organization culture, impact report/white page about large organizations’ use of mindset
- [Suffering from Imposter Syndrome? The Cure May Be Growth Mindset](#)
 - 03/18/2021
 - Blog Notes: employee/manager understanding imposter syndrome, mindset, work culture
- [What Exactly Is a Growth Mindset, Anyway?](#)
 - 02/25/2021
 - Blog Notes: employee/manager, self, mindset, work/life, HP data, working mindset language into daily conversation/check-ins *promotes NLI membership
- [The Surprising Power of Growth Mindset in Reducing Stress](#)
 - 01/08/2021
 - Blog Notes: stress, Microsoft data, #11 of Master Class, link to Master Class
- [Manage Your Mindset by Understanding These 3 Levels of Threat](#)
 - 01/06/2020
 - Blog Notes: stress, anxiety; buffers are routine, autonomy, and belonging

- [Structures for Belonging: Presentation](#) (actually for K-12)
 - Summer 2021
 - [Presentation Notes](#): research on belonging-supportive learning environments; examples of what belonging-supportive learning environments look like in practice; existing resources for applying insights from the research

SERN Recommended Belonging Resources (estimated time needed: three hours)

- [Structures for Belonging: A Synthesis of Research on Belonging-Supportive Learning Environments](#) 03/01/2021
- [Studying belonging in education: A conversation with Claude Steele, Mary Murphy, and Gregory Walton](#) Video, 53 minutes, 11/27/2018
- [Belonging Now: What It Takes to Create the Conditions for Belonging](#) Video, 47 minutes, 08/19/2020