

Growth Mindset



Session Goals



Explore
mindset beliefs.



Learn
5 mindset tips.



Access
mindset tools.



UNT Five-Year Strategic Plan



By embracing a culture of collaboration, UNT will solve important problems and make improvements within three priority areas.

GOALS

STUDENT EMPOWERMENT AND TRANSFORMATION

▶ We will empower and transform our students in their educational and social environments to set them up for lifelong learning success.

PEOPLE AND PROCESSES

▶ We will attract, develop, and celebrate our campus community members to make UNT an outstanding environment in which to work and learn.

SCHOLARLY ACTIVITY AND INNOVATION

▶ We will support, communicate, and celebrate a dedicated culture of scholarly activity at UNT to expand UNT's innovative impact for our students and our community.



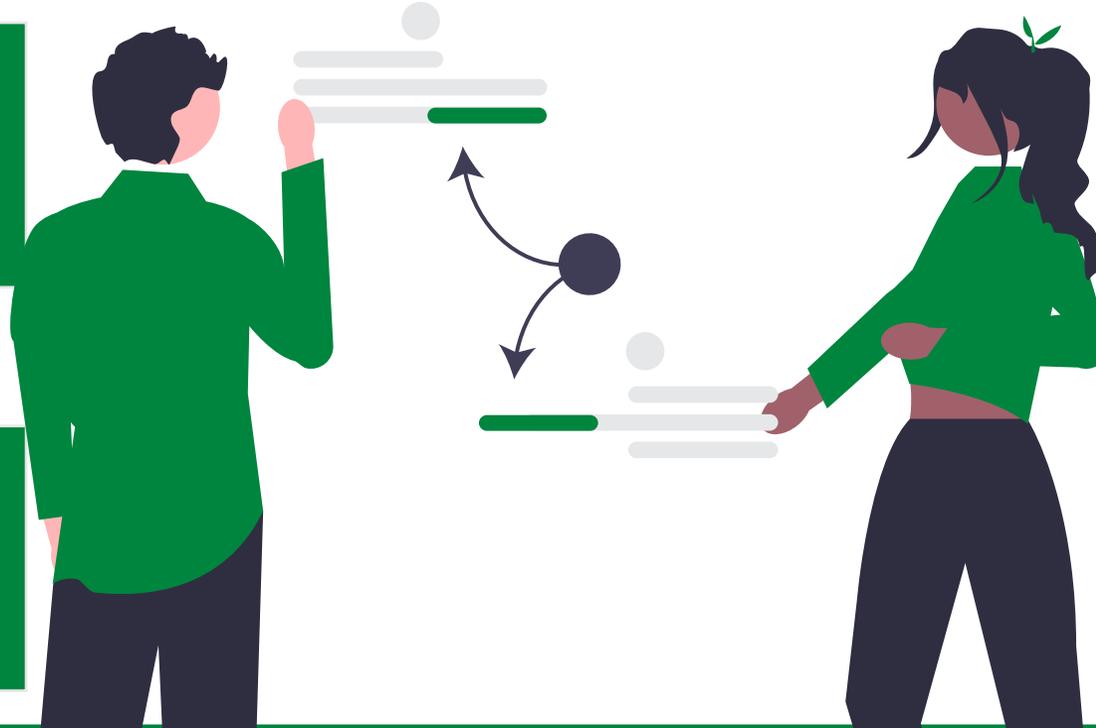
Increase best practice curricular experiences for students

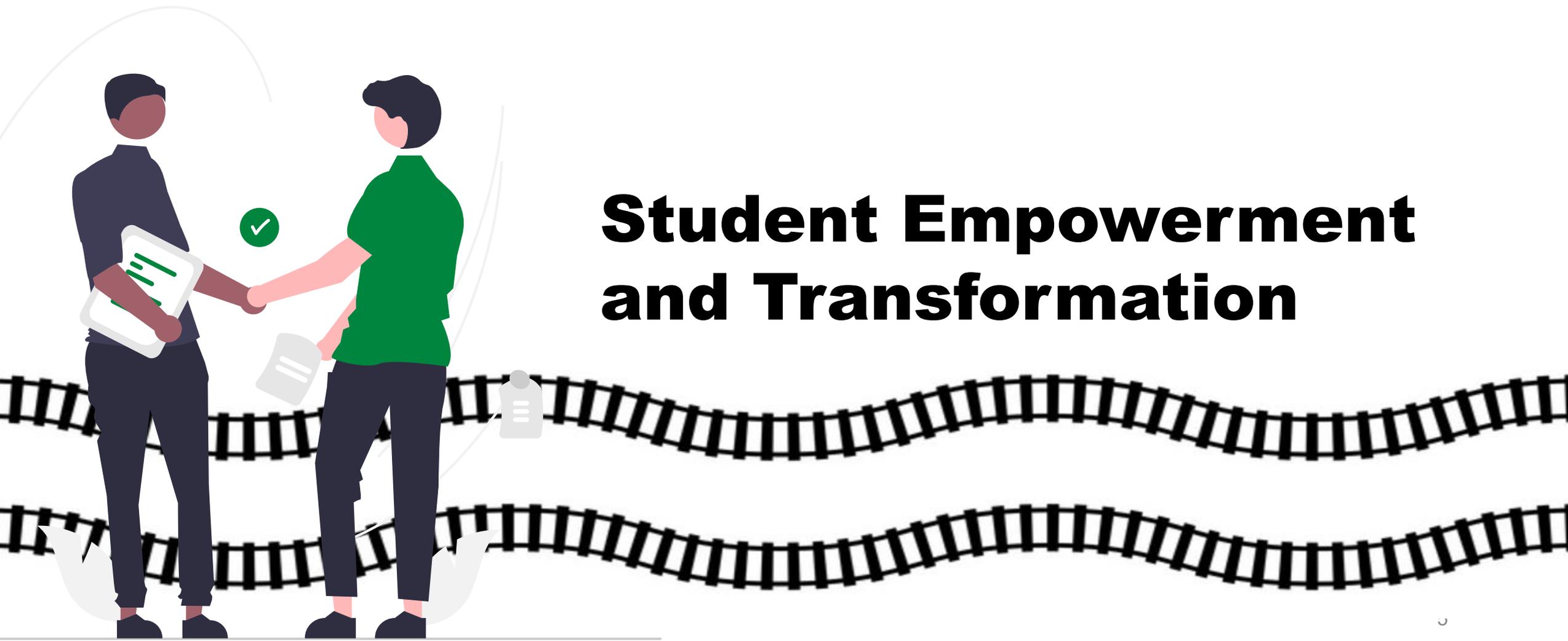


Expand/develop student support services to encourage students' sense of belonging, growth mindset, well-being, and mental health



Expand/develop inclusion and student success practices and policies





Student Empowerment and Transformation



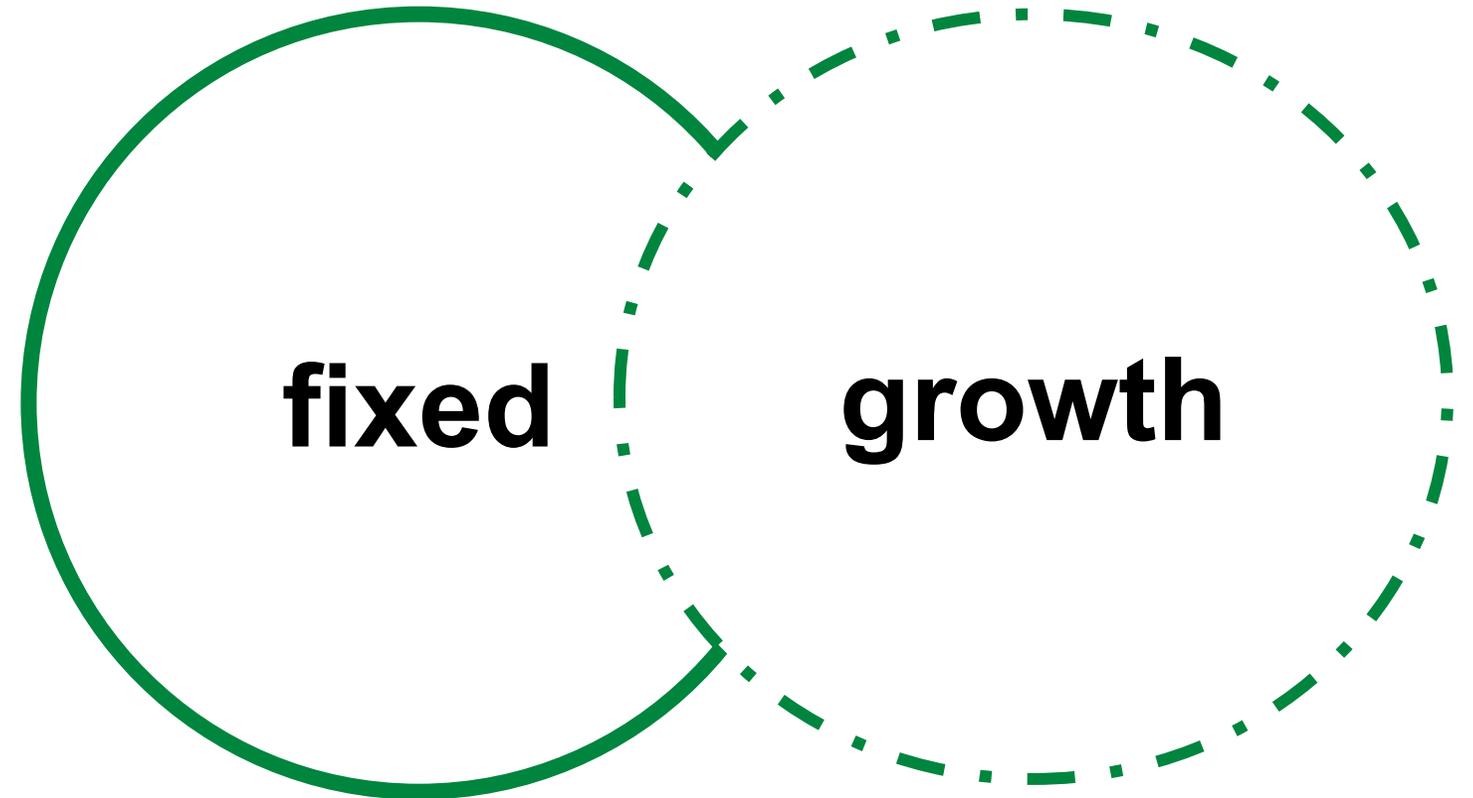
Dr. Carol Dweck

Why do some students give up
in the face of failure while others thrive?

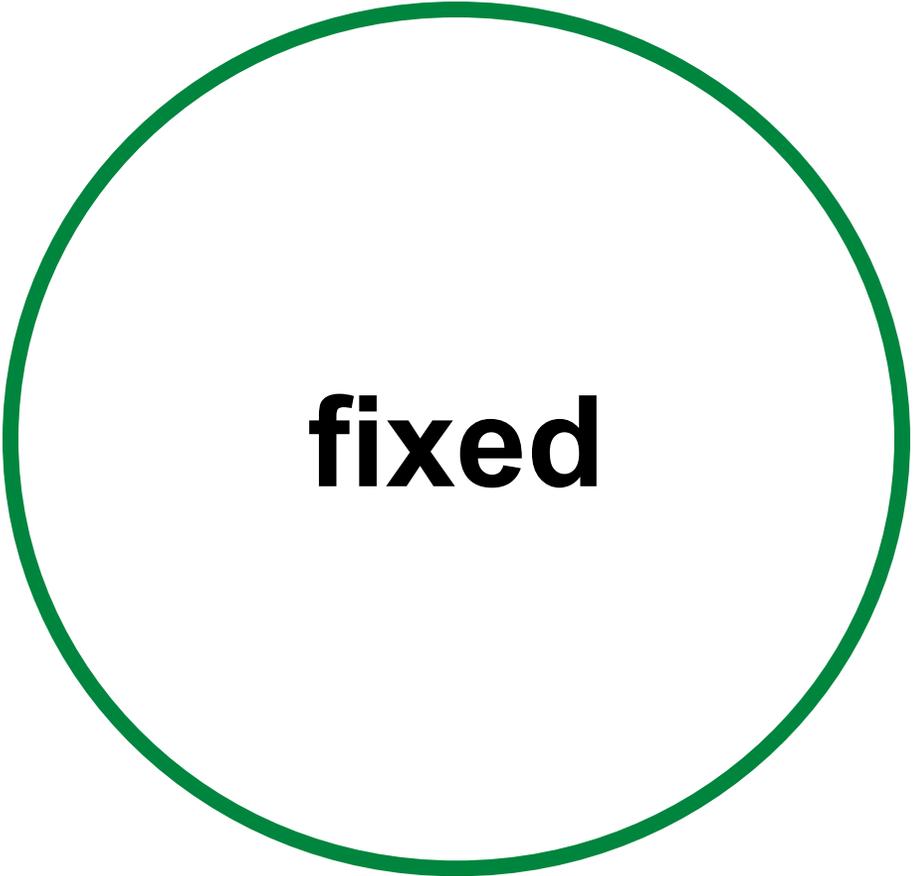


Mindset

- A mindset is a set of assumptions held by a person or a group of people



Fixed Mindset

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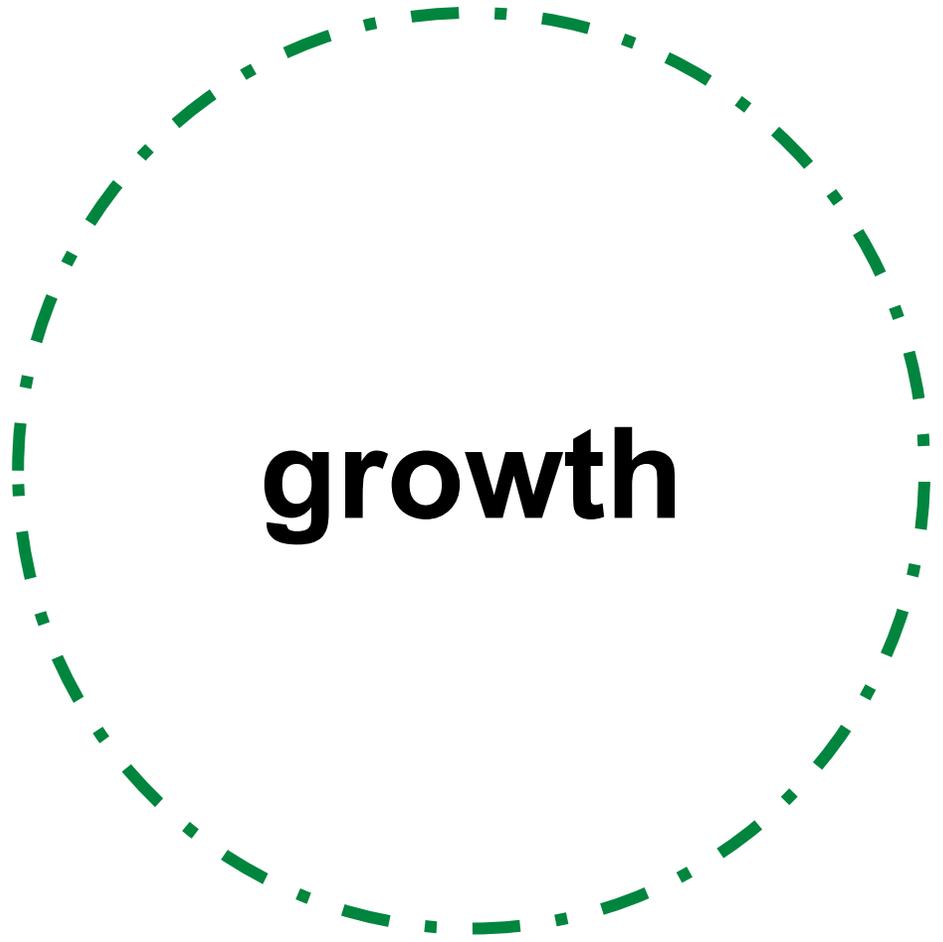
fixed

“In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort.”



Growth Mindset

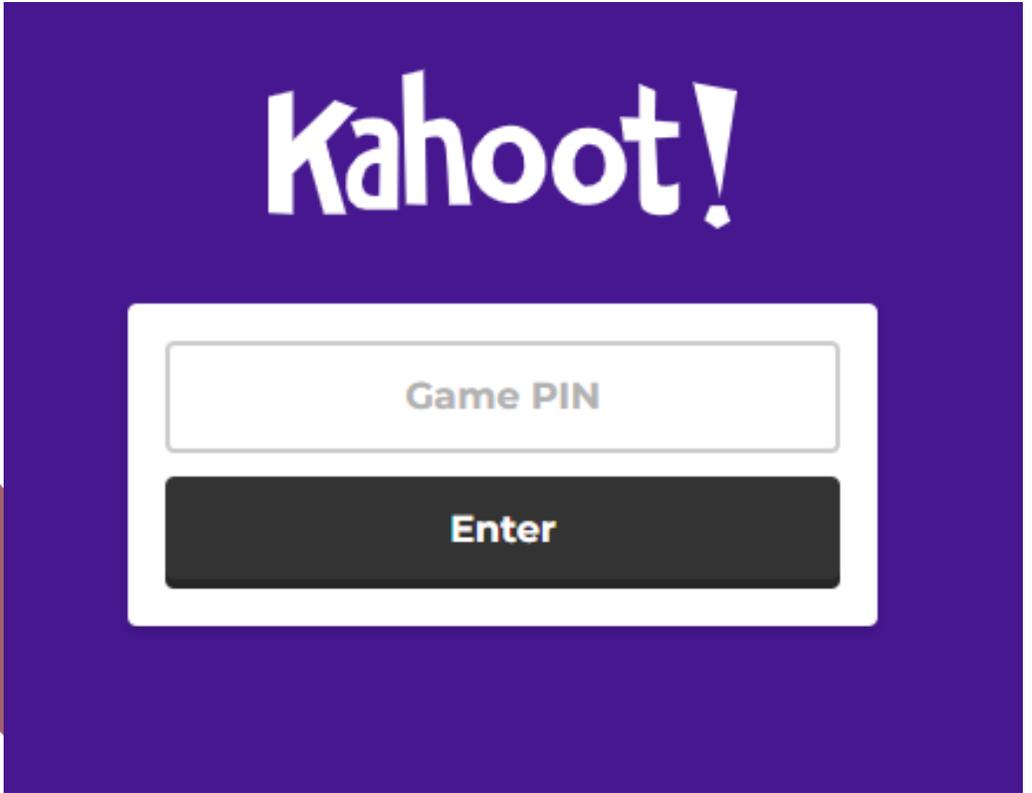
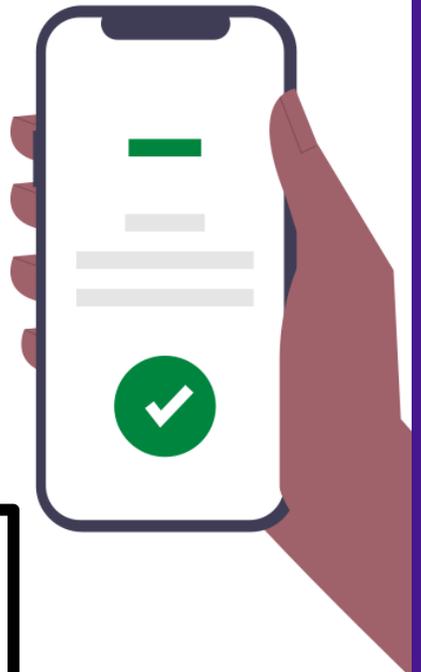
“In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work – brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.”



growth



Mindset Misconceptions?



Go to
<https://kahoot.it>

In a fixed mindset, we will . . .

Goal
=
PROVE

- hide flaws and mistakes
- feel ashamed about “failures”
- give up easily
- be unmotivated to strive for success
- avoid challenges to prevent failure
- feel threatened by the success of others
- view feedback as a personal attack
- ignore constructive criticism

In a growth mindset, we . . .

- embrace flaws and mistakes as opportunities for growth
- accept setbacks as part of the learning process
- embrace challenges and put forth effort from one agentic step to the next
- see others' success as a source of inspiration
- view feedback as an opportunity to grow



Goal
=
IMPROVE

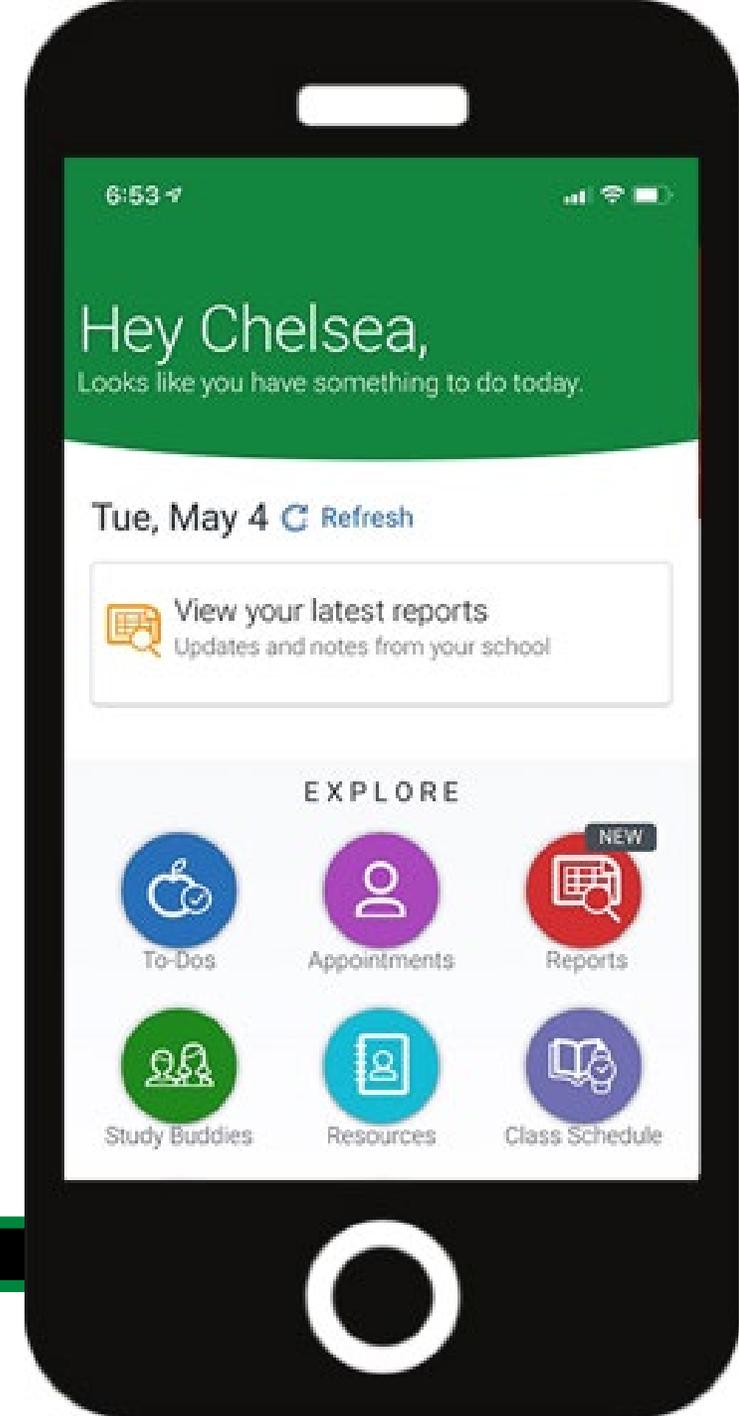


The mindset communicated by an instructor's teaching practices can influence students' behavior regardless of the students' original mindset.



Mindset Tip #5

Support your students with their learning strategies and approaches, not just the content of your class.





Mindset Tip #4

Remind students that the skills they are using are not innate and can be refined. Try talking about skillsets, in class or in your syllabus, with an emphasis on growth mindset.





Mindset Tip #3

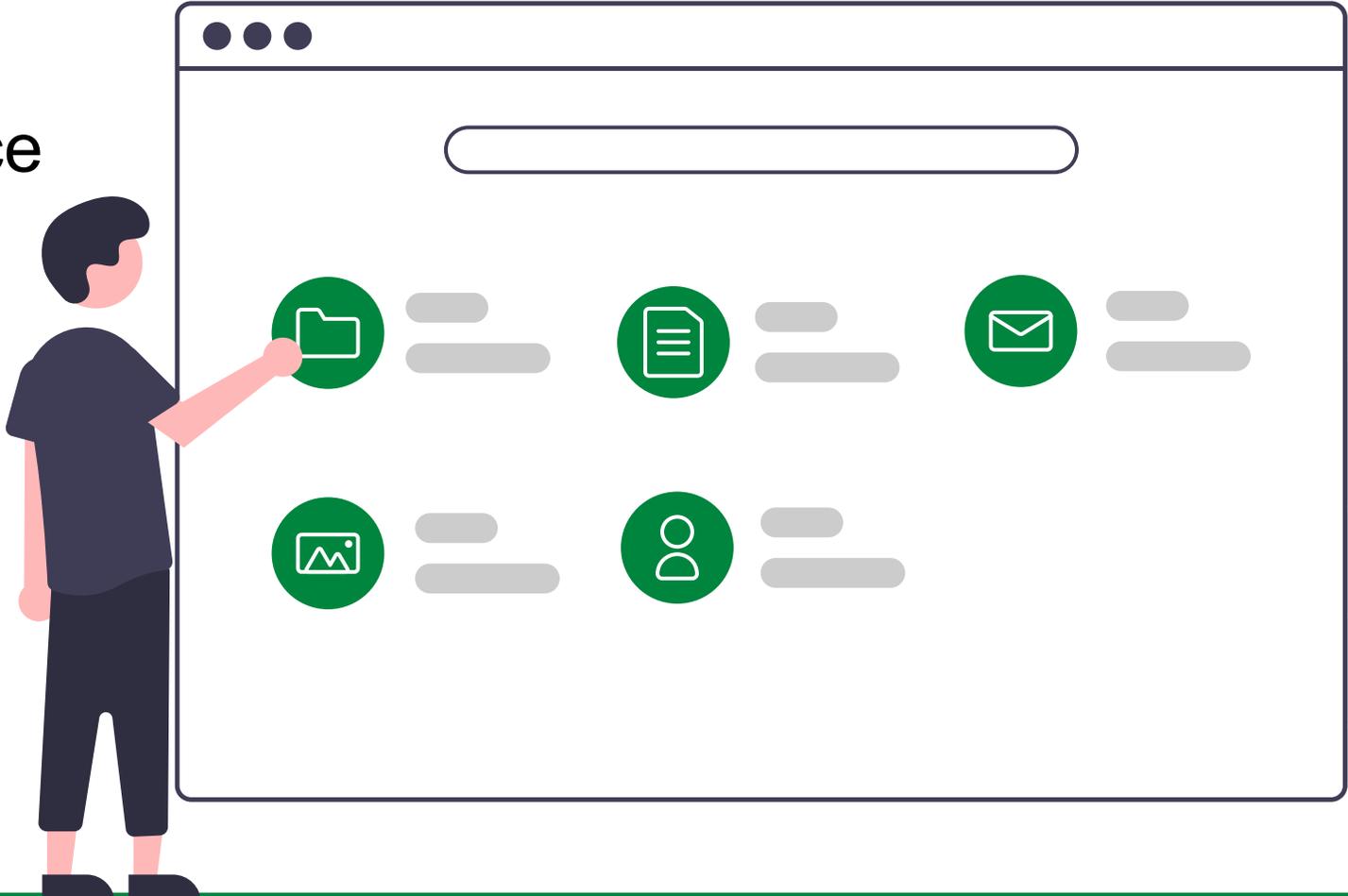
Praise and reinforce students for their hard work, especially if they take extra steps like coming to see you during office hours or submitting revisions to tests or papers.





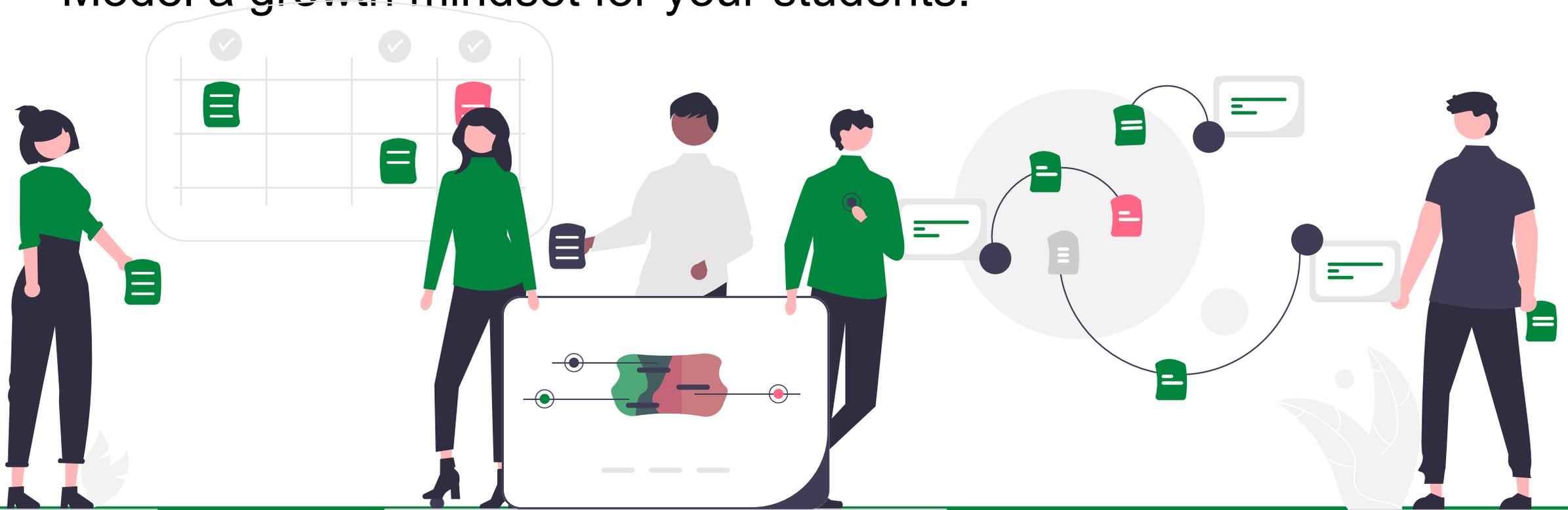
Mindset Tip #2

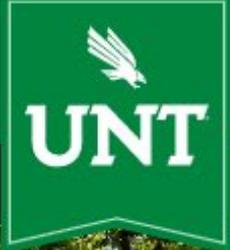
Normalize the experience of mistakes and the use of resources.



Mindset Tip #1

Model a growth mindset for your students.





You can find growth mindset tools at <https://planning.unt.edu> under the Vitality & Retention tab in Growth Mindset – Faculty Focus.

Collaborate. Plan. Succeed.

Growth Mindset Tools

- **Best Practices**: What growth mindset strategies lead to a sense of belonging and self-efficacy for students?
- **Professional Development**: What UNT professional development opportunities support growth mindset and an inclusive student experience?
- **Syllabus Development**: How can the syllabus be used as a tool for inclusion?
- **Mindset Assessments**: How can beliefs about the malleability of intelligence, status of learning, and attitude about struggle and failure be measured?
- **Research**: What studies provide a measurable effect of mindset on student success?
- **Literature, Podcasts, and Videos**: What literature and audio-visual resources support growth mindset theory?

Professional Development

- [Cultivating a Growth Mindset](#) Learn how a culture of growth mindset within organizations is the foundation for resilience and persistence from UNT System's Organizational Development and Engagement.
- [Fostering a Growth Mindset in Higher Education](#) Develop an understanding of mindset and the impact it can have on students and faculty.
- [Growth Mindset](#) Sample ideas for encouraging student success through activities that encourage a growth mindset.
- [Syllabi Review](#) Ensure student messaging promotes a sense of self-efficacy by engaging with UNT instructors to review and revise syllabi using research-based strategies.
- [Fall 2022 Book Study: What Inclusive Instructors Do](#) Read [What Inclusive Instructors Do](#). DSI CLEAR and Faculty Success will host meetings from 2:00–3:00 p.m. on the third Tuesday of each month in the Union's Faculty Lounge that will conclude with a visit from the author on February 1, 2023. [Registration Link](#)



Syllabus Development

- [The UNT Syllabus](#) Access UNT Course Syllabi Requirements Policy and the DSI CLEAR Syllabus Template. The syllabus template is a development tool that provides a model for presenting with standards and procedures with growth mindset language.
- [First Day Toolkit](#) Utilize the Student Experience Project's First Day Toolkit to revise syllabi and other communications students receive to create an inclusive classroom culture and support systems to foster a positive student experience. Apply practical tips for developing syllabi by completing the Student Experience Project's online module, "Your Syllabus as a Tool to Promote Student Equity, Belonging, and Growth."
- [Inclusive Teaching Practices Toolkit](#) Explore ten inclusive teaching practices that benefit faculty and students, including syllabus language, suggestions for diversity statements, and opportunities for low-stakes syllabi engagement.

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