IT'S ALL ABOUT MINDSET

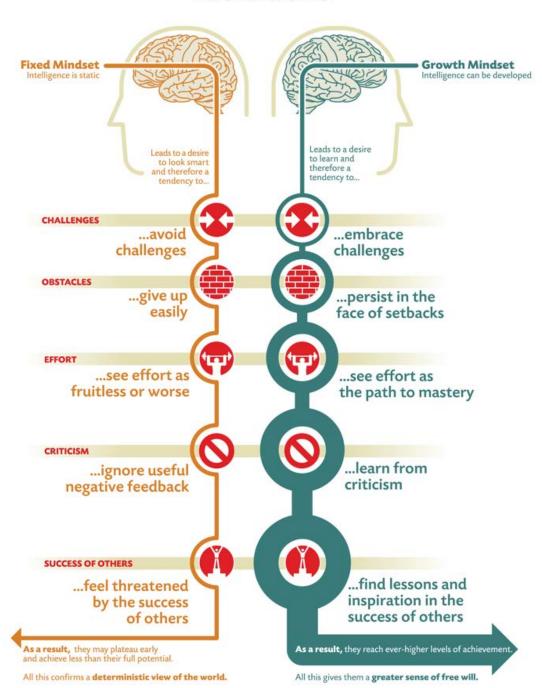
Coaching online learners to success

Chrissy Zmijewski, MSW

Director of the Center for Student Success and Development

Bryan University

TWO MINDSETS



CAROL S. DWECK, Ph.D.Graphic by Nigel Holmes

LOOKING DEEPER THAN ACADEMIC PERFORMANCE

THE NONCOGNITIVE FACTORS THAT AFFECT STUDENT PERFORMANCE

Academic Performance

course grades assignments

Academic Behaviors

udying participating turning in work



Learning Strategies

self-regulated study skills goal setting metacognitive

strategies

Academic Perserverance

grit tenacity
delayed gratification
self discipline
self control

Social Skills

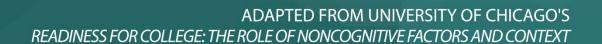
n empathy
assertion
cooperation
responsibilit

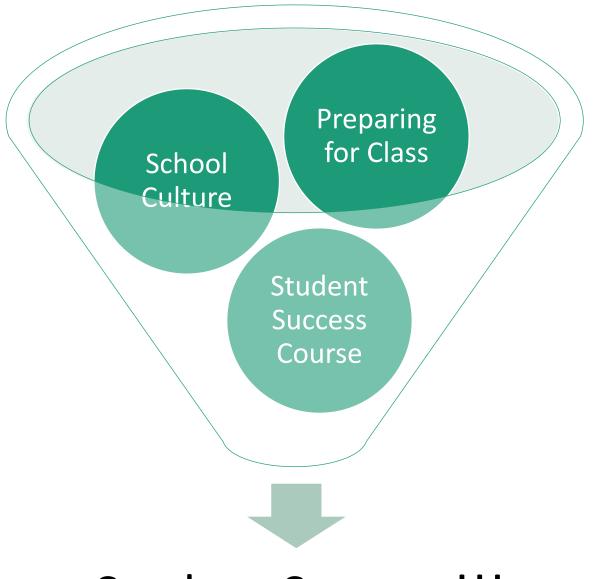
Mindset

I can succeed at this

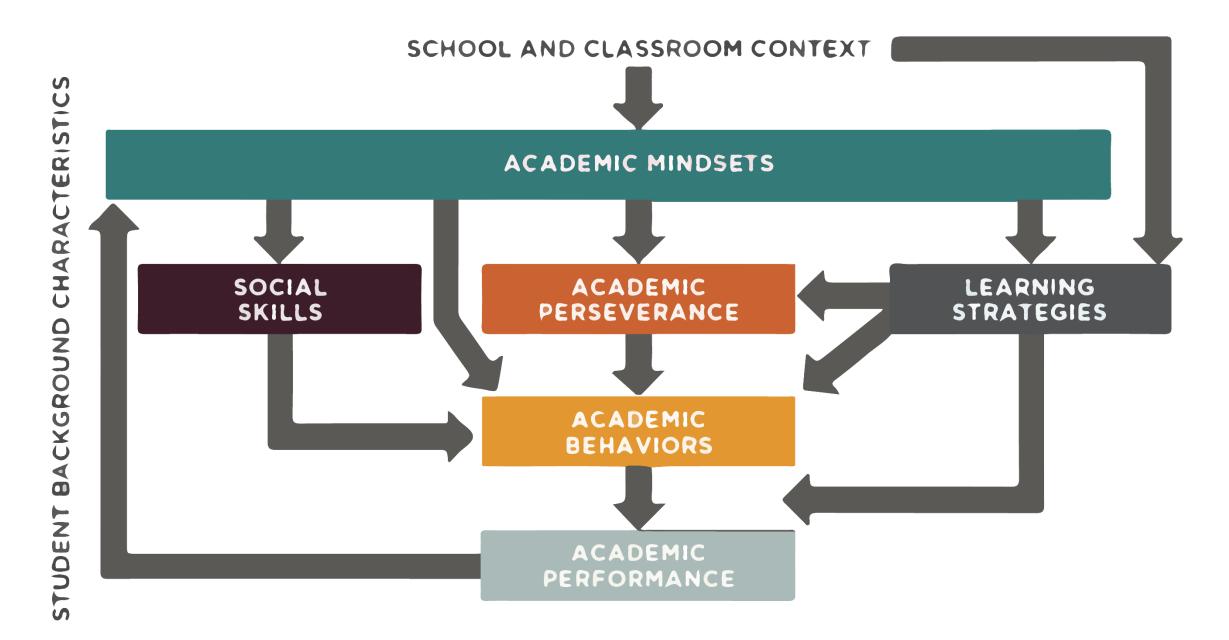
This work has value for me My ability and competence grow with effort

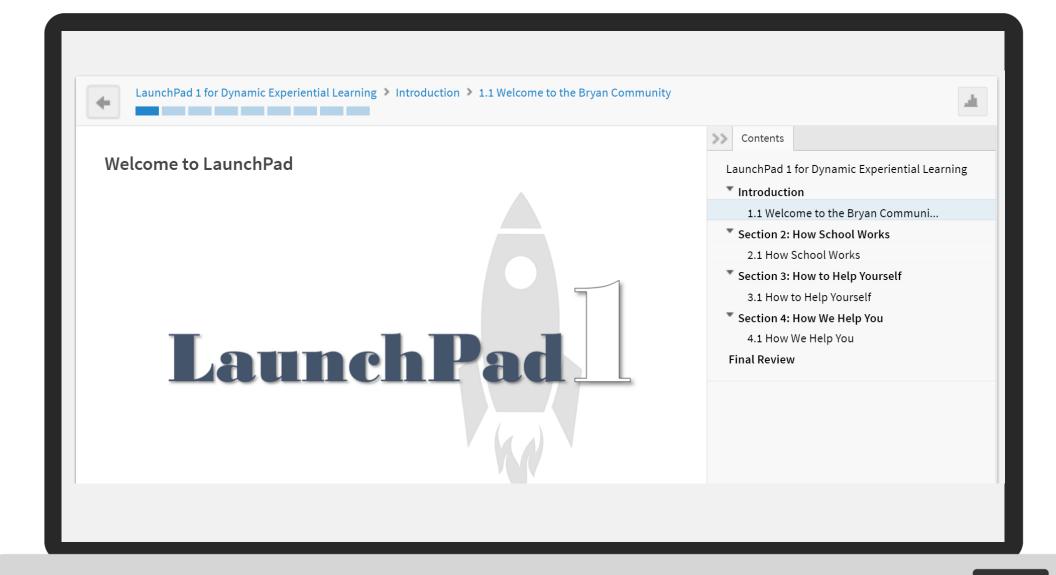
I belong in this academic community

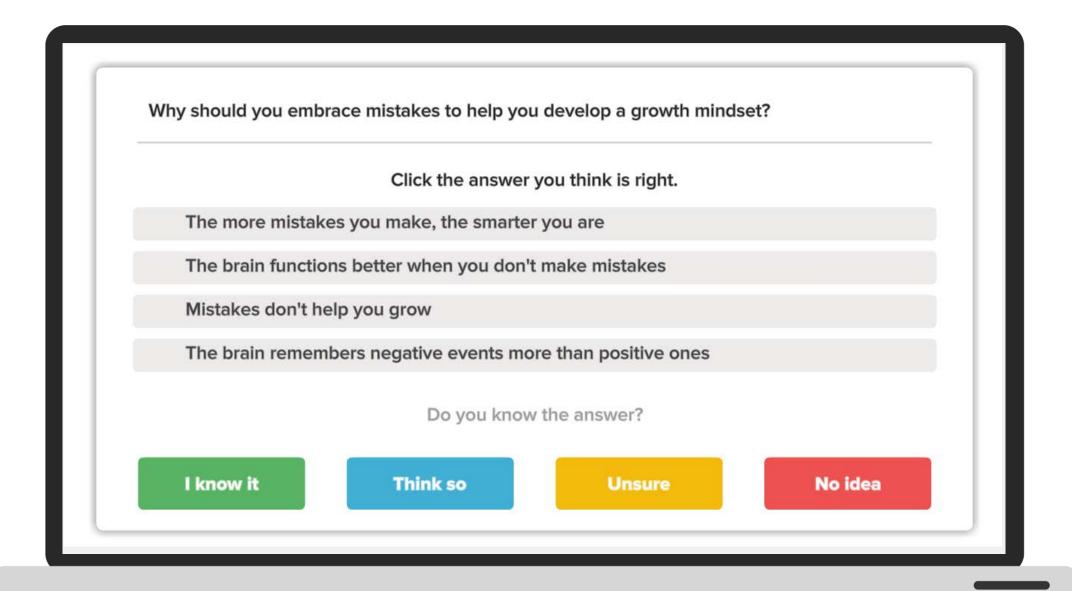




Student Success!!!







WHICH SOUNDS MORE LIKE YOU?

FIXED

I'm not that good at this

I'm awesome at this

I give up

It's good enough

I just don't have a math brain and I never will

Plan A didn't work

GROWTH

What am I missing?

I'm on the right track

I'll use some of the strategies we've learned.

Is this really my best work?

I'm going to train my brain in math.

Good thing the alphabet has 25 more letters.

Fixed mindsets use black and white, all-or-nothing thinking.
Statements tend to be rigid. "I stink at math."

Growth mindsets use flexible thinking. Statements consider other possibilities. "I'll get better at math with practice."



PRAISE can go both ways



FIXED MINDSET

GROWTH MINDSET

HOW YOU CAN GET STARTED

ADDITIONAL RESOURCES

Faculty and Staff

- Mindset by Carol Dweck
- "The Power of Believing That You Can Improve" Carol Dweck Ted Talk: https://youtu.be/ X0mgOOSpLU
- www.mindsetkit.org
- www.mindsetworks.com
- "Growth Mindset Feedback" <u>www.mindsetworks.com</u> <u>http://schools.nyc.gov/NR/rdonlyres/8EA47553-FEE3-4753-8BFC-D6688FC2D61F/0/GrowthMindsetFeedbackTool.pdf</u>
- "Growth Mindset vs. Fixed Mindset: An Introduction" https://youtu.be/5e4smtpKcul

ADDITIONAL RESOURCES

Students, Faculty, & Staff

- "You Can Learn Anything" Khan Academy: https://youtu.be/JC82II2cjqA
- "Make Success a Habit" by Bryan University: https://youtu.be/ 2 zpc72Is
- "Growing Your Mind" by Khan Academy: https://youtu.be/WtKJrB5rOKs
- "Neuroplasticity" by Sentis: https://youtu.be/ELpfYCZa87g
- "The Power of Belief" Ted Talk: https://youtu.be/pN34FNbOKXc

CONTACT CHRISSY

Chrissy.Zmijewski@BryanUniversity.edu