

XIV CONGRESO NACIONAL DE DESARROLLO PROFESIONAL  
PARA PROFESORES DE INGLÉS

# HOW TO...?

**THE PRACTICAL SIDE OF ELT.**

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## How to teach Growth Mindset: The New Psychology of Success

Prof. Lucía Soriano

Contact: [luciabsoriano@gmail.com](mailto:luciabsoriano@gmail.com) / Instagram: @utopiaeducacion

### Why do we need Growth Mindset in our classroom?

- The world we live in
- The important role we play in our students' learning process
- It's a simple strategy that merges perfectly with our practices.
- We all need to believe in ourselves

Growth Mindset is a term created by Psychologist Carol Dweck, PhD in Psychology and professor at Stanford University.

“A simple belief about yourself guides a large part of your life”. That belief is the **mindset**. If our students hold a growth mindset, they're most likely to improve and get better results. The counterpart of having a Growth Mindset is having a Fixed Mindset.



### What can we do as teachers to inspire our students to hold a growth mindset?

1. Rethink the way we praise our students
  2. Help them set learning goals, not performance goals
  3. Build a growth mindset culture in our classroom.
- Rethink how we praise our students

PRACTICE BEHAVIORS THAT LEAD TO GROWTH IMPROVEMENT

LET'S RECONSIDER HOW WE PRAISE OUR STUDENTS

EFFORT PERSISTENCE NEW STRATEGIES

INSTEAD OF THIS	SAY THIS
"That's a pretty drawing."	"What's your favourite part?"
"Good job!"	"You really challenged yourself!"
"You're so smart".	"You must have worked really hard".
"Great effort!"	"Can you think of another way of solving it?"

- Set (SMART

learning goals goals)



- Build a growth mindset culture

**How to teach Growth Mindset with our students:**

**1st: Introduce it:** start reading fiction / picture books with characters who hold a mindset. Identify the characteristics and define it.

**2nd: Notice it:** Notice that growth and fixed mindset happen in real life and we can hold either one or the other mindset in different occasions.

**3rd: Practice it:** Reframe for a growth mindset. Spot fixed mindset examples and change them for a growth mindset. The power of "not yet".

For extra material and access to the presentation and videos of the presentation, scan the QR code OR access through the following link:



<https://drive.google.com/drive/folders/1tq-hOzhafZzZMwU4Vq7lbbB9-sU4CeUF?usp=sharing>