

Name \_\_\_\_\_



# **My growth mindset interactive journal**



1. I can learn anything because I was born to learn.
2. I can train my brain through practice.
3. I can choose my thoughts when things are challenging.
4. I know failure is an important part of my success.
5. I take ownership of my mistakes and learn from them.
6. I do not let setbacks keep me from accomplishing goals.
7. I believe that I can do difficult things.
8. I take charge of my own learning.
9. I encourage others to have a growth mindset.
10. I celebrate my own growth and progress.

**I HAVE A GROWTH MINDSET!**

# WHAT DOES IT MEAN TO BE SMART?

**Use a pencil to circle T if you believe the statement is mostly true, or F if you think it's mostly false.**

- 1) T F People are born either smart or dumb.
- 2) T F Some people aren't very good or kind, and they can't change that.
- 3) T F The more you work at something, the better you will be at it.
- 4) T F I don't like doing things that are hard for me.
- 5) T F I sometimes get mad or upset when people tell me about my mistakes.
- 6) T F You can choose to change the way you think.
- 7) T F No matter how hard I try, there are some skills I'll never be able to have.
- 8) T F You have to be born with talent for sports and music to be good at them.
- 9) T F I appreciate when parents and teachers give feedback about my performance.
- 10) T F You can improve your talent in reading or math with practice.
- 11) T F If spelling doesn't come easy to you, you probably won't ever be good at it.
- 12) T F I enjoy learning new things even when I don't understand them at first.
- 13) T F The important parts of who you are as a person don't change.
- 14) T F You can learn new things, but you can't change how intelligent you are.
- 15) T F People who are truly smart people don't need to try hard.

# I WAS BORN TO LEARN!

**5 years, ago, I didn't know how to....**

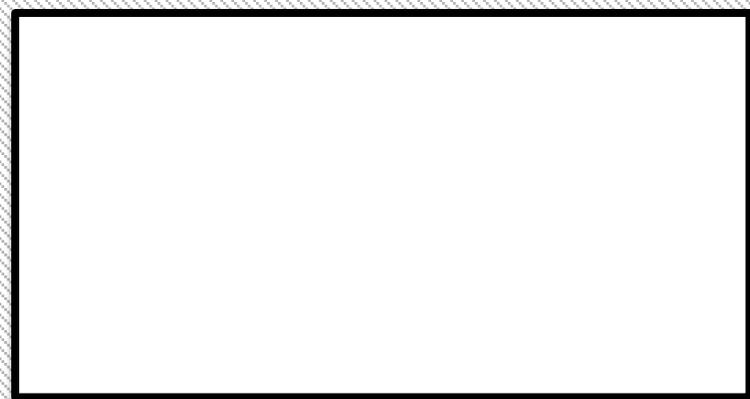
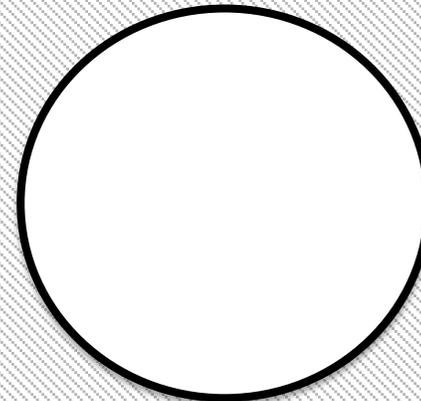
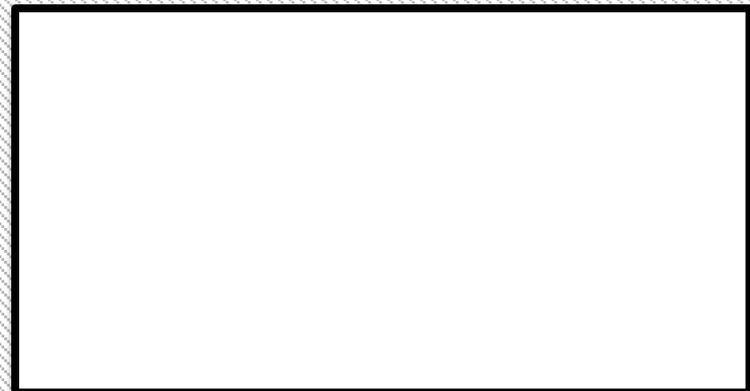
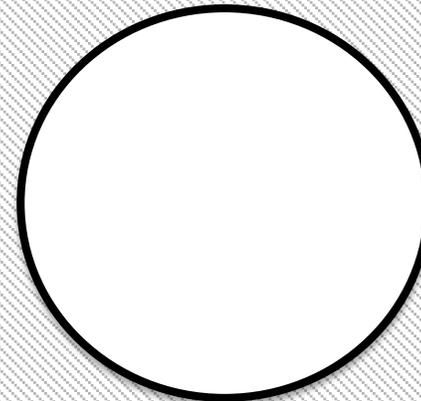
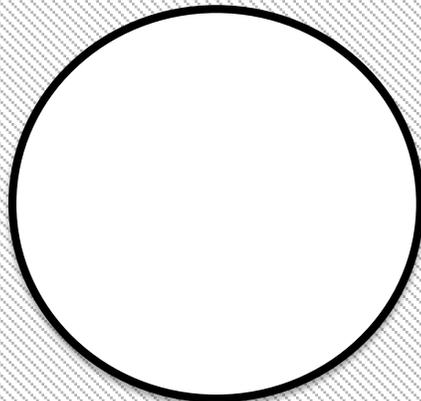
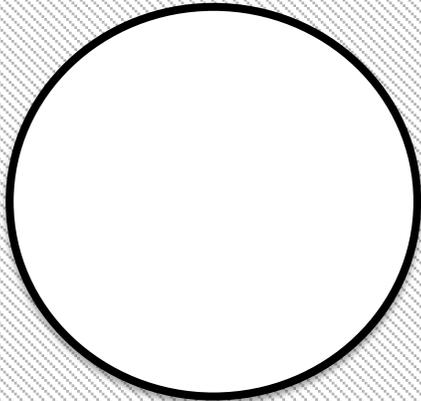
**Last year, I didn't know how to....**

**This year, I am learning how to....**

# I HAVE TRAINED MY BRAIN THROUGH PRACTICE

I'm good at...

I trained my brain to be good at it by...



# I CAN CHOOSE MY THOUGHTS WHEN THINGS ARE CHALLENGING

## Fixed Mindset

## Growth Mindset Replacement Thoughts

I can't do this.

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I'm so dumb.

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I hate when I mess up.

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I want to quit.

---

This is too hard.

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I hate when I'm corrected.

---

I'll never get it.

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I wish I was smart.

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This is good enough.

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## Other Examples

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# INTERVIEW SCRIPT AND NOTETAKING SHEET

Person's Name \_\_\_\_\_

I am interviewing you because I admire how you \_\_\_\_\_

\_\_\_\_\_

and I want to learn about how you achieved your success. Can you tell me about a time in your life when you did NOT succeed?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Did you ever feel like giving up? How did you keep going?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What did you learn from the mistakes you made?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How did your unsuccessful times help you experience the success you have today?

\_\_\_\_\_

\_\_\_\_\_

Thank you for sharing your experiences with me!

# INTERVIEW SUMMARY

I interviewed \_\_\_\_\_

because I admire how s/he \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This person did NOT experience success when \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

But s/he kept going by \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Through those mistakes, this person learned \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Those unsuccessful times helped \_\_\_\_\_ experience

success later on because \_\_\_\_\_

\_\_\_\_\_

# **I TAKE OWNERSHIP OF MY MISTAKES**

**When I make a mistake, I can tell myself:**

**When other people point out my mistakes, I can tell them:**

# I LEARN AND GROW FROM MY MISTAKES

A recent time when I did not get something right and someone else pointed out my mistake

What I told myself  
when I didn't get it right

What someone said to me about my mistake

How I responded to that person

Actions I chose to take next

How I achieved success in the end

What I learned from making my mistake



# WE HAVE OVERCOME SETBACKS

spent a lot of time

stayed focused

tried different strategies

found helpful resources

got feedback from others

determined to succeed

**Me**

**My Friend**

A goal I accomplished

How I accomplished it

Setbacks I experienced

1)

2)

How I overcame my setbacks

1)

2)

What makes me proud of this:

# I HAVE DONE DIFFICULT THINGS!

**I surprised myself with how hard I worked when...**

**I worked hard because...**

**When I got frustrated and wanted to give up, I kept going by....**

**Now that it's over, I think about what I accomplished, and I feel...**

# ADVICE ON SETBACKS

Ask 5 adults: "What do you wish every kid knew about experiencing setbacks and overcoming their problems?"

1

Name:

Advice:

2

Name:

Advice:

3

Name:

Advice:

4

Name:

Advice:

5

Name:

Advice:

# GROWTH MINDSET VOCABULARY

**fixed mindset**

**growth mindset**

**neuroplasticity**

**neurons**

**dendrites**

**grit**

**perseverance**

**resilience**

**setbacks**

# **I CHOOSE TO SHOW GRIT (PERSEVERANCE & RESILIENCE)**

**I surprised myself with how hard I worked when...**

**I worked hard because...**

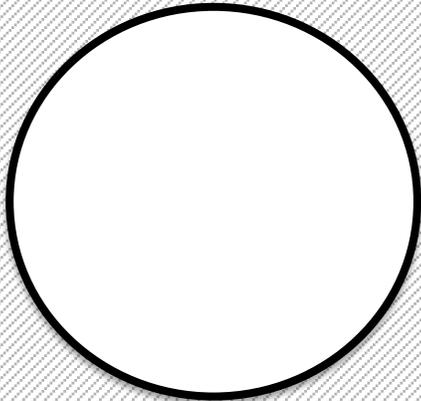
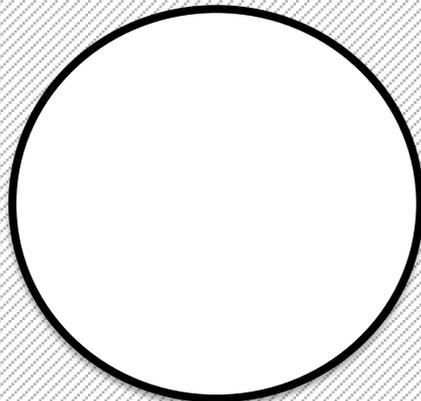
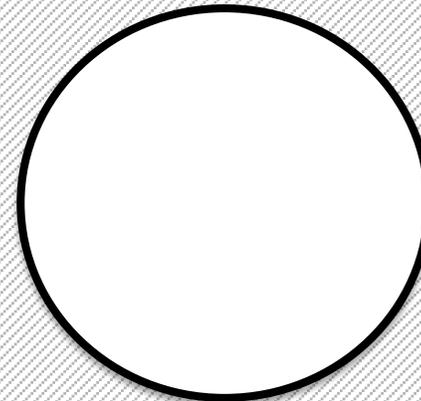
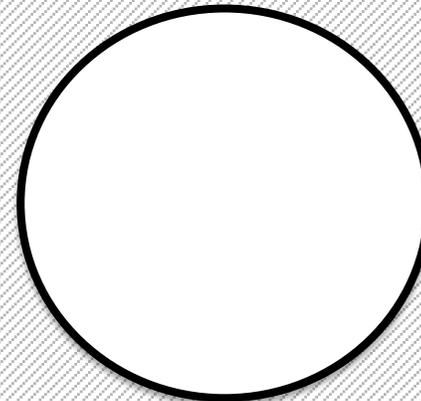
**When I got frustrated and wanted to give up, I kept going by....**

**Now that it's over, I think about what I accomplished, and I feel...**

# I TAKE CHARGE OF MY OWN LEARNING

I would like to become better at...

I can train my brain to be good at it by...

A large, empty rectangular box with a thick black outline, intended for a student to write strategies for improving the skill.A large, empty rectangular box with a thick black outline, intended for a student to write strategies for improving the skill.A large, empty rectangular box with a thick black outline, intended for a student to write strategies for improving the skill.A large, empty rectangular box with a thick black outline, intended for a student to write strategies for improving the skill.

# HOW I TAKE CHARGE OF MY OWN LEARNING

**I wanted to get better at \_\_\_\_\_,  
so I've made time for learning and practice by...**

**Sometimes I get distracted, but I stay focused by...**

**I don't just try to learn this skill one way.  
I try different strategies to see what works best, like...**

**When I get stuck, I find resources to help me. For example...**

**I ask other people for feedback to help me improve and listen to their advice,  
even when it means admitting I made a mistake. For example...**

**I stay committed to keep going until I experience success.  
One example of how I showed grit (resilience and perseverance) is...**

# HOW WE CAN TEACH OTHERS ABOUT GROWTH MINDSET

**Possible formats for our presentation:**

**The format we chose is:**

**Our plan for creating our presentation:**

# GROWTH MINDSET PRESENTATION RUBRIC

## My Self-Assessment

**Presentation is full of helpful, accurate information about growth mindset.**

1 2 3 4 5 *Comments:*

**Presentation is well-organized and easy to understand.**

1 2 3 4 5 *Comments:*

**Presentation is creative and enjoyable to watch.**

1 2 3 4 5 *Comments:*

**Group members worked well together and each did their fair share of work.**

1 2 3 4 5 *Comments:*

**Overall comments:**

## Teacher's Assessment

**Presentation is full of helpful, accurate information about growth mindset.**

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**Presentation is well-organized and easy to understand.**

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**Overall comments:**



# GROWTH MINDSET VOCABULARY

## **fixed mindset**

the belief that our basic qualities (like intelligence and talents) are fixed traits which cannot be changed

## **growth mindset**

the belief that abilities can be developed through commitment and hard work

## **neuroplasticity**

the ability of the brain to change; the way our experiences change the pathways neurons travel in the brain

## **neuron**

a brain cell; neurons carry messages between the brain and other parts of the body

## **dendrites**

fibers that grow out of neurons when you listen to, read, write, talk about, or practice something

## **grit**

perseverance + resilience; these two qualities together give you the ability to learn anything you choose

## **perseverance**

the ability to keep going and stay focused when things are hard

## **resilience**

the ability to try again and keep bouncing back after setbacks

## **setbacks**

an event that 'sets you back' or prevents you from moving forward toward your goal