

Growth Mindset

Mindset

- Believe that you can:
 - increase your intelligence
 - improve your ability
 - grow your talent
 - learn new skills
- Expect learning through trial and error
- Embrace the process

Discuss:

- What is something you were determined to learn – and you did?

Attitudes

- Recognize your interests
- Be adaptable
- Stay curious
- Welcome serendipity
- Make learning fun
- Commit to persevere
- Enjoy the journey

Discuss:

- What attitudes encourage you to try new things?

Actions

- Have clear goals
- Create a (flexible) plan
- Switch your perspective
- Seek opportunities
- Balance demands
- Find the lesson in failing
- Learn from others

Discuss:

- What is something new you would like to learn?



Closing: Growth Mindset

“What did you learn today?
What mistake did you make that
taught you something?
What did you try hard at today?”

~Carol Dweck



Resources: *Growth Mindset*

LinkedIn Learning

- Adopting a Growth Mindset (~ 4 minutes)
<https://www.linkedin.com/learning/managing-in-difficult-times/adopting-a-growth-mindset?u=50844473>
- Cultivating a Growth Mindset (~ 1 hour)
<https://www.linkedin.com/learning/cultivating-a-growth-mindset/create-a-growth-mindset?u=50844473>
- Learning Agility (~ 37 minutes) <https://www.linkedin.com/learning/learning-agility/welcome?u=50844473>
- Lifelong Learning (~ 2 minutes) <https://www.linkedin.com/learning/developing-assertive-leadership/lifelong-learning?u=50844473>

Online Sources

- 15 Ways to Build a Growth Mindset
<https://www.psychologytoday.com/us/blog/click-here-happiness/201904/15-ways-build-growth-mindset>
- Learning How to Learn: Powerful mental tools to help you master tough subjects
<https://www.coursera.org/learn/learning-how-to-learn>



More Resources: *Growth Mindset*

More Online Sources

- Lifelong Learning <https://www.valamis.com/hub/lifelong-learning>
- Lifelong Learning Institute
<https://www.jmu.edu/pce/programs/all/lli/index.shtml>
- What Having a “Growth Mindset” Actually Means
<https://hbr.org/2016/01/what-having-a-growth-mindset-actually-means>

JMU Talent Development Resource Collection Books

- *Factfulness: Ten Reasons We’re Wrong About the World – and Why Things Are Better Than You Think* ©2018 by Hans Rosling
- *Find Your Why: A Practical Guide to Discovering Purpose for You and Your Team* ©2017 by Simon Sinek
- *Inclusion: Diversity, the New Workplace and the Will to Change* ©2017 by Jennifer Brown
- *Mindset: The New Psychology of Success* ©2007 by Carol Dweck
- *Mistakes I Made at Work: 25 Influential Women Reflect on What They Got Out of Getting It Wrong* ©2014 by Jessica Bacal

