The Power of Belief

Complete the following questions while watching the video

Briefly discuss Josh’s story and the quote : “The moment we believe that success is determined by an ingrained level of ability, we will be brittle in the face of adversity.”

Discuss the study about 7th graders with both fixed and growth mindsets.

What is a growth and fixed mindset?

What happened to the 7th graders’ scores over the next two years?

Discuss differences in Growth and Fixed Mindsets

What do people with fixed mindsets focus the most on? How do both mindsets view effort?

How do both mindsets view obstacles?

What was this study about?

What kind of praise did the kids in the “Fixed Mindset” group get?

What kind of praise did the kids in the “Growth Mindset” group get?

What were the results of this study?

How does their brain change?

How does it grow?