

As Above, So Below

Emily Diehl



Your Mindset Is the Sea In Which You Swim

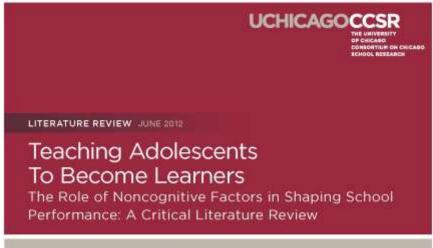
"Children have never been very good at listening to their elders, but they have never failed to imitate them."

- James A. Baldwin











Successful people hold "academic mindsets"

Farrington, C.A., Roderick, M., Allensworth, E., Nagaoka, J., Keyes, T.S., Johnson, D.W., & Beechum, N.O. (2012). *Teaching adolescents to become learners. The role of noncognitive factors in shaping school performance: A critical literature review.*Chicago: University of Chicago Consortium on Chicago School Research.



Academic Mindsets

- I belong in this learning community.
- I can change my abilities through effort.
- We can be more purposeful.
- This work has value and purpose for me.

This is not (all) new!



"All students can learn."

Do we really believe it? What about our...



Cultivate a Growth Mindset Context



Fixed Mindset Context

Leader Influence

Judged for mistakes

Performance is valued.

Limited, oneway feedback

Challenges are avoided.

Value: Pedigree & Genius



Growth Mindset Context

Leader Influence

Safe to take risks

Process is valued.

Feedback goes two ways

Challenges are exciting.

Value: Learning & Growth



Growth Mindset Context

Teacher Influence

Safe to take risks

Process is valued.

Feedback goes two ways

Challenges are exciting.

Time: flexible

Learning: constant



The leader sets the tone

- How to handle a mistake...
- How to react to challenge...
- How to receive and ask for feedback...
- How to graciously learn from other people...
- How to ask for help...
- How to look for answers...



Aligning All Levels of the System

Many ideas grow better when transplanted into another mind than the one where they sprang up.

- Oliver Wendell Holmes





A Lollipop Moment

How many of you are completely comfortable with calling yourselves a leader? - Drew Dudley



"Real change is possible, but only by taking a truly systemic approach. There are no quick fixes." - Fulton, 2010





Multi-tiered System of Supports (MTSS)

A coordinated system of supports and services is crucial for ensuring appropriate and timely attention to students' needs. The Multi-Tiered System of Supports (MTSS) model expands California's Response to Intervention and Instruction (RtI2) process by aligning all systems of high quality first instruction, support, and intervention and including structures for building, changing, and sustaining systems. In addition, assessments and progress monitoring are employed to allow for a data-based, problem-solving approach to instructional decision-making.

-CA ELA/ELD Framework, 2014 (Chapter 9, Pages 46-47)

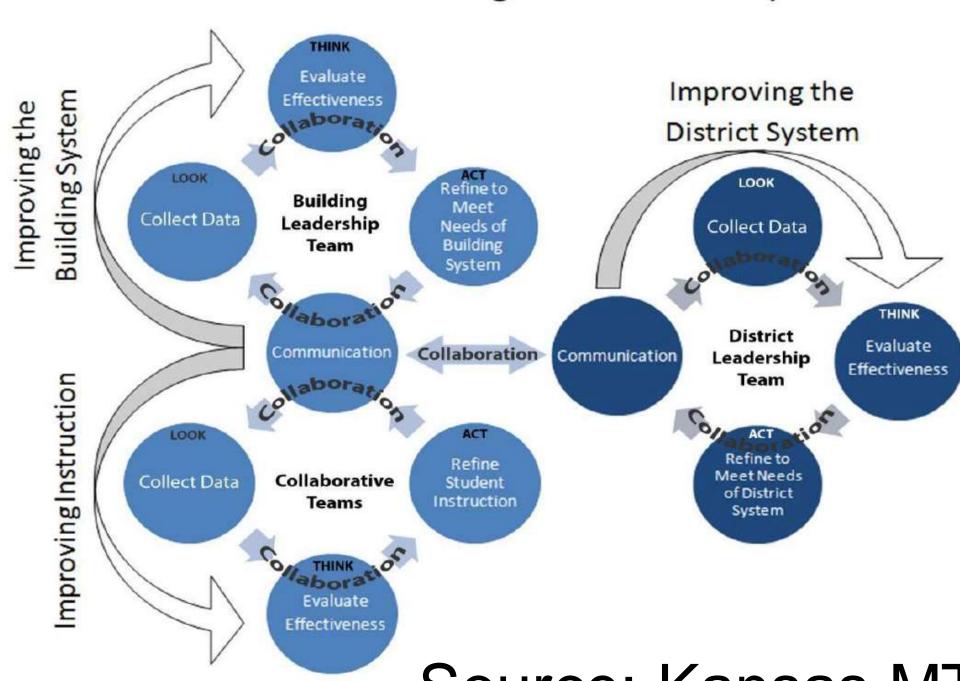


MTSS





Self-Correcting Feedback Loop



Essential Concepts

CA MTSS

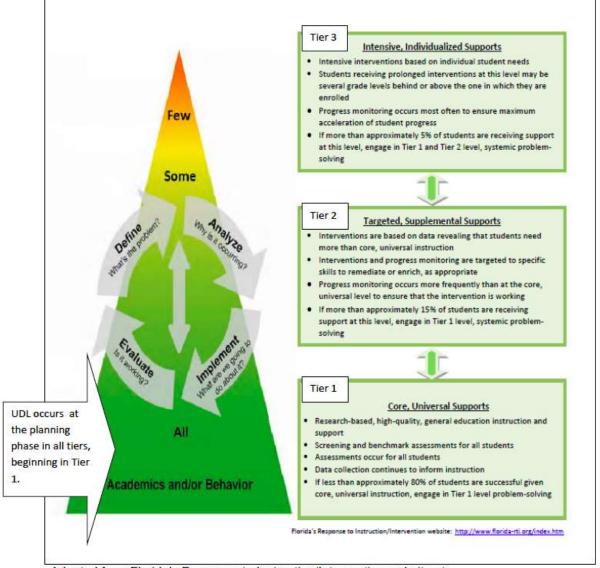
RtI²

- Universal screening
- Multiple tiers of intervention
- Data-driven decision making
- Problem solving teams
- Focus on CCSS

- Addresses the needs of ALL Students
- Aligns the entire system of initiatives, supports, and resources
- Implements continuous improvement processes at all levels of the system



RT₁₂



Adapted from Florida's Response to Instruction/Intervention website at

WestEd *

Bringing MTSS to CA Schools

The implementation of MTSS will "require all school staff to change the way in which they have traditionally worked" across all school settings



Implementing the Common Core State Standards

"The CCSS addresses the deep challenges of inequality of opportunity between different students exposed to radically unequal opportunities when it comes to the material they study and the quality of instruction they have received."

- D. Coleman, 2011

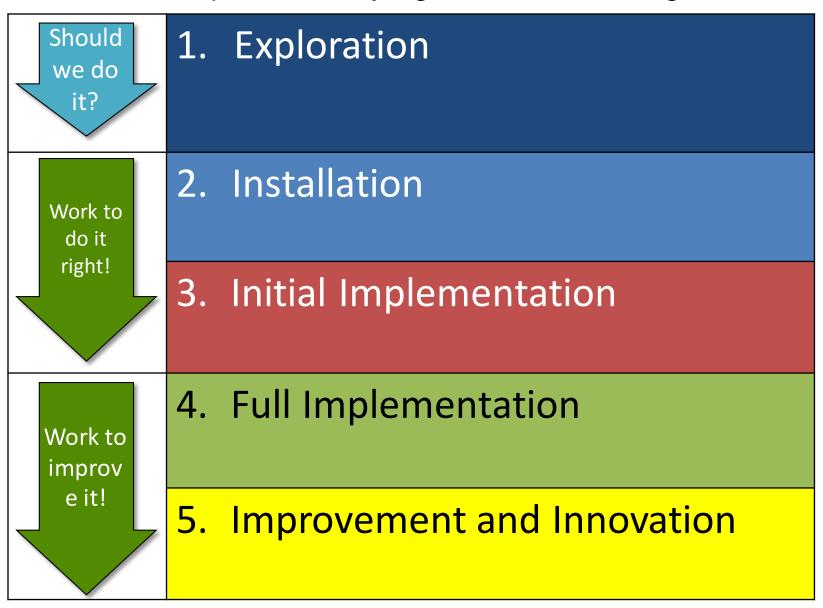


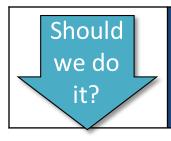
Implementing the CA CCSS Through MTSS

- Embrace and address the diverse needs of ALL students
- Develop and implement high-quality curricula aligned with initiatives, resources and supports
- Some students will need additional support and interventions



https://www.mydigitalchalkboard.org/





1. Exploration

- Making decisions regarding commitment to adopting the program and practices
- Supporting successful implementation
- Selection of a representative implementation team to
 - Establish vision and goals
 - Identify the scale of needs
 - Anticipate allocation of resources
 - Create a professional development plan



2. Installation

- Set up infrastructure
- Establish leadership teams and data systems
- Conduct an audit
- Develop a plan
- Implement professional development plan



3. Initial Implementation

- Try out the practices
- Work out details
- Learn and improve
- Ongoing collection and analysis of progress data to
 - Determine the benefits to students
 - Refine supports, systems, and policies
- Analyze performance evaluation data to provide ongoing coaching and teacher supports



4. Full Implementation

- All MTSS elements are in place
- Ongoing communication to staff members and the community
- Performance data is continuously analyzed
- Ongoing training and coaching is provided
- Expand the program and practices to other locations, individuals, and times



5. Improvement and Innovation

- Increase the efficient use of resources
- Improve outcomes for students
- Success requires that staff members continually analyze data

What Will It Take?



How Will You Commit?





Moves for Leaders

- 1. Begin with Adults
- 2. Identify changes in school practices (fixed to growth)
- 3. Teach students the malleable mind
- 4. Include parents



Begin with the Adults

- Mindset Reflections
- Sharing of learning (book studies, articles, videos etc)
- Coaching and feedback
- Re-framing



What's My Mindset?



Mindset Survey

This is NOT a test! It is an opinion survey. It asks your opinion about your beliefs about intelligence and your views on learning and achievement. It is very important that you give your own opinion, not what someone else thinks. Read each statement. Decide how much you agree or disagree with the statement and circle the answer.

Do you agree or disagree?	Disagree a lot	Disagree	Disagree a little	Agree a little	Agree	Agree a lot	Profile Number
No matter how much intelligence you have, you can always change it a good amount.	1	2	3	4	5	6	
You can learn new things, but you cannot change your basic amount of intelligence.	1	2	3	4	5	6	
I like learning something new when it challenges me and makes me think hard.	1	2	3	4	5	6	
4. I like learning something new when I can do it really well without too much trouble.	1	2	3	4	5	6	
5. I like tasks, activities, and projects that I will learn from even if I make a lot of mistakes.	1	2	3	4	5	6	
6. I like tasks, activities, and projects that I can do easily without any mistakes.	1	2	3	4	5	6	
7. When something is a							



Scoring

Items 1, 3, 5, 7: copy your "score" in the empty column. (r | 1. Determine the right write)

Items 2, 4, 6, 8
Reverse your scc

1=6

4= 3

2=5

5=2

Now add the column!

1. Determine your profile number for each question.

- For questions with odd numbers (1, 3, 5, 7), write the number of your answer in the right column.
- For questions with even numbers (2, 4, 6, 8), use the table below to fill in the gright column.

If you chose this answer:	Then write this number in the gray box on the right number)
Disagree a lot (1)	6
Disagree (2)	5
Disagree a little (3)	4
Agree a little (4)	3
Agree (5)	2
Agree a lot (6)	1

2. Add up all your Profile numbers.

Add up all the numbers in the Profile column on the right, and write the total in the last bottom right corner.



We hold both mindsets

Fixed Mixed Growth



Mindset Reflection:

When has a fixed mindset (this is just who they are) about a colleague or a student affected your behavior toward that person?

What would a more growth minded choice (believing that the person could grow) have looked like?





Your Mindset Is the Sea In Which You Swim

Testing the waters...

http://tiny.cc/gm4leaders

LEADERKIT Growth Mindset Leader Resource



Media Resources for Growth Mindset Leaders

The media below are included as resources for leaders to continue to learn about a growth mindset and about learning mindsets. Many of these items are great to share with colleagues, staff, students and parents.

<u>Mindset</u>: The seminal book by Dr. Carol Dweck about how mindsets affect success and motivation, see <u>www.mindsetonline.com</u>

You Can Grow Your Intelligence (http://bit.ly/lgPW7TI): Article from the original research study with New York City middle school students that served as the inspiration for Brainology (Blackwell, et al 2007)

Read about Academic Mindsets (which we also refer to as Learning Mindsets) in this <u>Mindsets and Student Agency (http://bit.ly/Nuabdl)</u> article originally published on *Unboxed*, High Tech High's Graduate School of Education's magazine.

How can I share this idea?

Consider sharing and discussing some of these resources with your colleagues and school leaders.

Share videos:

TEDx Talk by Eduardo Briceno: <u>The Power of Belief: http://bit.ly/1hByuQq</u> <u>Growth vs. Fixed Mindsets: http://bit.ly/1qAlhEX</u> <u>Videos on the Mindset Works bloq: http://bit.ly/1eSc2jK</u>

Share articles:

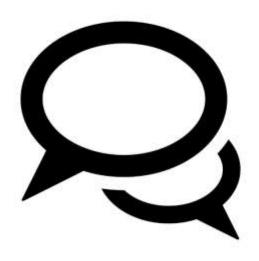
New York Magazine article: <u>The Power and Peril of Praise</u>: http://nym.ag/liDa4IY Principal Leadership article: Mindsets and Equitable Education: http://bit.ly/1fitErsn EdWeek Article: Growth Mindset Gaining Traction As School Improvement Strategy: http://bit.ly/OwZzMh

ASCD article: As Above, So Below: http://bit.ly/1d08iBy Read More articles: http://bit.ly/1ouwaig

Share research:

CCSR review: http://bit.ly/1j3NKed
Brainology Impact Summary: http://bit.ly/1fHF59q
Reducing Stereotype Threat: http://l.usa.gov/1g0Enc7

Coaching and Feedback







"Yes, it's hard. I get it. But other people have done hard things like this and you can learn to as well. I have confidence that you will grow from this experience. I'm also excited to hear about what you learn so that I can learn from you too."



Culture of Efficacy

Am I safe?

Am I being judged?

Do people believe in me?

Do I belong?

Can I do this?

Do I want to?



Your attention is the most valuable thing in the room.



Growth mindset ways to challenge, praise, and encourage learners

When **people** succeed with little effort

- ➤ "It's great that you have that down. Now we need to find something a bit more challenging so you can grow."
- ➤"It looks like your skills weren't really challenged by this assignment. Sorry for wasting your time!"

When **people** succeed as a result of effort

- → "I am so proud of the effort you put forth in order to get this result...(have a successful event, teach a new course, complete a project, etc)."
- >"Congratulations--you really used great strategies for leading, managing your time, collaborating, etc."

When students face disappointment or

- failure

 > "OK, so you didn't do as well as you wanted to.

 Let's look at this as an opportunity to learn.
- ➤ "This failure does not define you, what you learn from this failure will say the most about you."
- >"Even though you haven't gotten there yet, the effort you put in will really pay off the next time."



Growth Mindset Temperature Check Pre-Conference

Harding incolors to students?



When you present challenging work, acknowledge that you are asking students to step out of their comfort zone and that mistakes are not only expected but useful (because we can learn from them).



Provide students with written feedback without a score attached to it so that they feel like they can make changes to improve. Try to make your feedback specific and targeted. (For example: "Your analysis sentence needs to be connected to your evidence." vs. "This is not logical.")



Remember to share specific strategies for learning, such as connecting new information to old, using multiple senses for learning something, engaging actively through questioning and quizzing yourself, and using mnemonics.



Design assessments to measure mastery of a standard or objective, not mere completion of a task or percentage correct on an arbitrary set of items.



Commend students for pro-social behavior—which can include accepting challenges, staying on task, persisting, improving, and being resourceful, as well as volunteering, helping others, and being kind.



Re-framing





Cultivating Mindsets *Growth Minded Conversations*

Student to Student

Teacher to Student

Educator to Educator

Educator to Family



What would you say?

"That is just not my teaching style."

"Those kids aren't going to college."

"We have seen the pendulum swing before..."

"Herbrotheristhesameway-thisisjusthowitis."

"It's not fair to the other kids."

"That will never happen here."



MESH skills

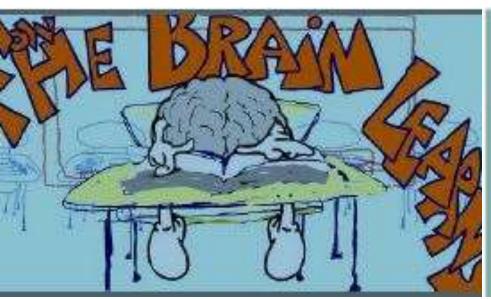
MESH skills

Mindsets, Essential Skills, and Habits

Key competencies that can be taught in a school setting to help students succeed. Solf-

set management Social Self-efficacy

Learning or Performing?



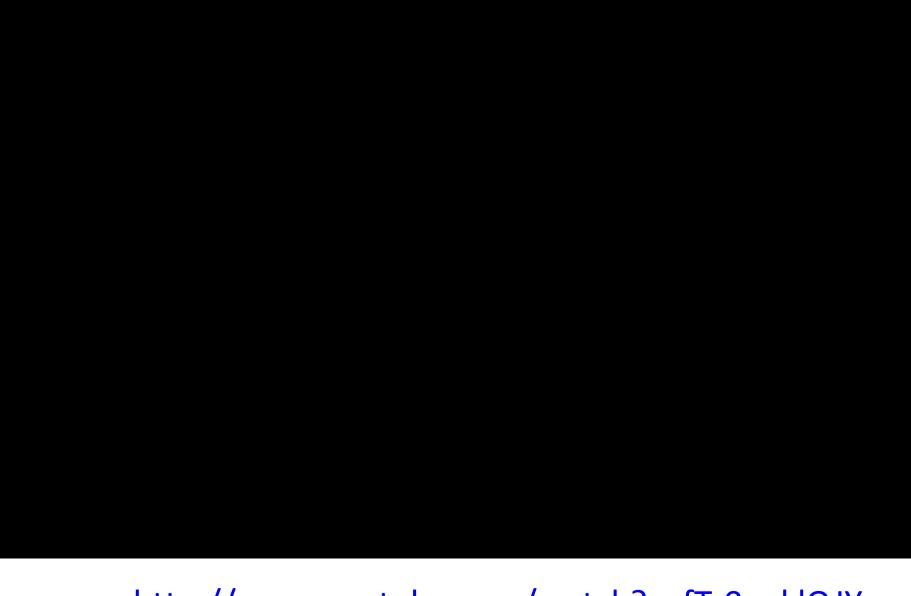


set management Social Self-efficacy Self-

awareness

Discussion

What is an example of how we can move more classroom time from performing to learning?

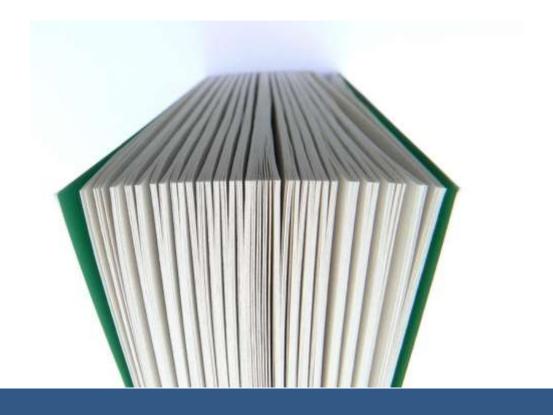


Growth Mindset Math Task Framework

- Open-ness
- II. Different ways of "seeing"
- III. Multiple entry points
- IV. Multiple paths/strategies
- V. Clear learning goals and opportunities for feedback



Dr. Jo Boaler, math professor at Stanford University



Good Readers Are Made, Not Born

Literacy through the Lens of Mindsets

	• Skills:	Short-term reading outcomes:	Fixed Mindset meaning:	Growth Mindset meaning:
	Limited vocabulary	 Frequent confusion; difficulty making meaning 	 I don't understand; it must be too hard for me. 	There are lots of words I don't know; I can learn them and I'll get better.
	 Limited word recognition, fluency, and automaticity 	 Reading is slow and effortful 	• I'm slow; I'm not good at this; I'm not smart; I don't want to do this.	This is challenging; I need to take my time so I can learn & understand it. If I keep at it, I can learn a lot
	• Limited comprehension	•Misunderstandings and errors	 I'm messing up; I can't do this well; I look stupid; I don't want to do it! 	I have a lot to learn; I want to get better at it.
Coping Behaviors: Long-term Outcomes:			➤ Avoidance/giving up➤ Withdrawal of effort➤ "Faking it"	▶ Persistence▶ Increasing effort/strategic▶ Help-seeking
			➤ Stagnating skills➤ Feeling of failure &helplessness➤ Reinforcement of FM	 ➢ Increasing skills ➢ Feeling of success & mastery ➢ Reinforcement of GM



Growth Mindset Literacy Task Framework

- Risk-free time period for thinking, discovery, and practice
- II. Modeling of Metacognition
- III. Clear learning goals and opportunities for feedback
- IV. Explicit, Purposeful Language Support



Mindset Works* EducatorKit - Module 2 Toolkit

Growth Mindset Framing

In order to create a "risk-free" classroom environment where all students are willing to take on challenges and push themselves, it is important to make the focus on learning clear, make it safe to risk mistakes, and communicate a high confidence in all students. clear, make it sate to risk miscakes, and communicate a righ cormience in an seudence ability to rise to the learning challenges. Use the following statements when introducing a For Communicating a Learning Goal

- New material is an opportunity to stretch!
- Today's learning objective will give everyone an opportunity to stretch.
- I am hoping that you all do not know this already; I wouldn't want to waste your
- I really want us to stretch beyond our comfort zone on this?
- After you do this, I'm going to ask everyone to share one mistake so we can learn I'd like everyone to share one thing that is really confusing with their partner.
- The point of the lesson is learning; I want to know what parts are unclear so we can
- Today's target for learning is _____ By tomorrow our goal is ____ I do not expect you to know this already. I am here to help you learn challenging
- Today, I want you to challenge yourself. Stretch to learn this challenging material. This is very dense reading/challenging material, I am not going to hold you accountable for understanding all of it right away, but I want you to give it a first
- This is just the first draft—you'll have lots of chance to improve it.
- I want you to push yourselves to tackle this concept. You won't be graded on this-it's a risk-free zone!
- We're in the learning zone today. Mistakes are our friends!

For Communicating High Expectations

- I know that you (all) have the ability to do this, so I have set the bar high.
- This will be a challenging concept to learn, but all of us can reach the goal.
- Be sure to communicate with me about your progress so I can provide support to
- I am going to push you all because I know if I do you will all do amazing work!
- Our classroom is a place for everyone to learn challenging material. I am here to help you meet that goal.
- This is challenging, but rewarding!
- This may be difficult right now, but you will remember it for the rest of your life.
- When you master this learning, you can be proud because this isn't easy. Here is my challenge for you. I know you can meet it. I want you to challenge
- As you learn this, mistakes are expected. Your mistakes help me support you.
- Let's make mistakes together! I have seen you stretch and succeed in the past. Let's do it again.

Growth Mindset Framing Tool for communicating:

Learning Goals

High Expectations

Countries C 2012 2013 Market Blade for All and a second





Prepping for perseverance

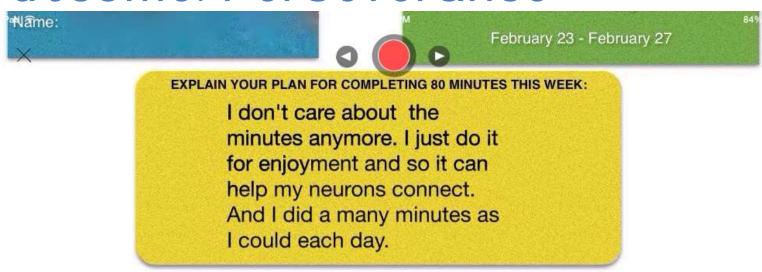
What are some strategies for teaching students how to persevere?

Fractions: Got it Not Yet

Perseverance: Fluid...Changing



Outcome: Perseverance







Dear Ms. Maichin,

Justin asked me to email you since I forgot to mention something in the parent-teacher conference. After not working on Khan Academy over February break, he said that he didn't want you to think he had a "fixed mindset." (I loved it when he used that term.) I explained to him today that you know he wants to learn but that you really want him to push himself to do more, as do I.

Thanks.

Jennifer

Perseverance: Fluid...Changing



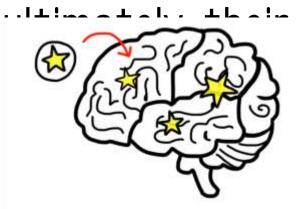
4 Things You Can Teach to Prepare Students to Persevere

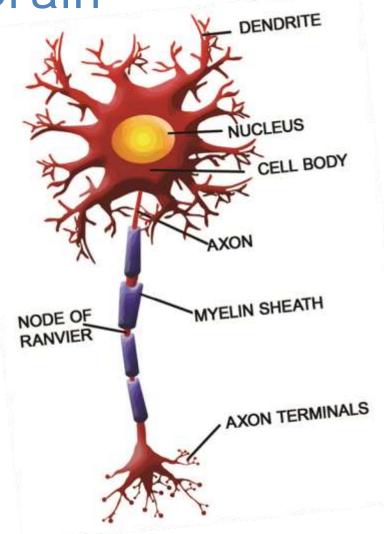
- 1. Your Brain, Your Habits, Your Skills are Malleable
- 2. What is the purpose of tests (performance)?
- 3. How to Learn from Mistakes
- 4. Be Resourceful Use Strategies



Learning about the Brain

When students learn that the brain gets stronger...literally changes with practice, it affects their motivation and





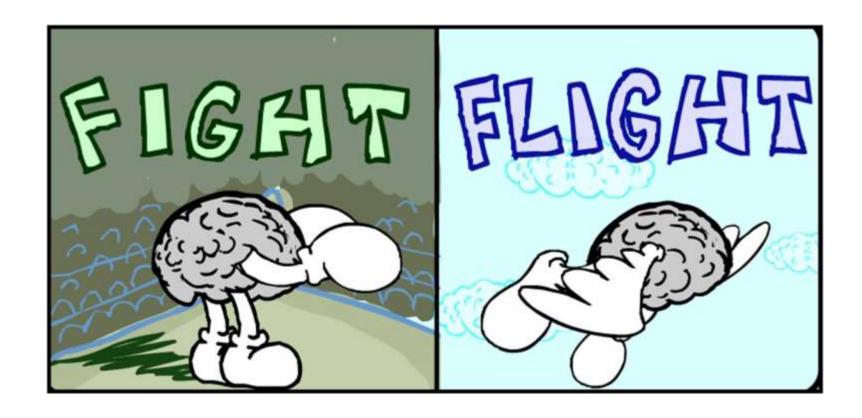


Critical Intervention: You Can Grow Your Intelligence

- Build Scientific Models: Pipe Cleaner Neurons
- Animations of neural networks and neuroplasticity
- Art/drawing on a brain graphic when acquiring new knowledge or practice



Emotions and Learning



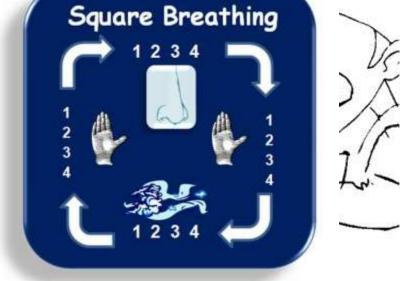


Identify Stress Symptoms

What are your SYMPTOMS?

 Learn to NOTICE when you are feeling stressed.

Take ACTION to manage





Talking about the test: Show what you know!



Test-taking tips and reminders about how to talk about testing.



Why do we take the test?

We take the test...

- 1. to show how much you are learning.
- 2. to show how much more growth you can make.
- 3. to show if you know the material that is on the test.



The test does NOT show...

- how smart you are.
- your potential.
- if you will ever know the material on the test.

IT IS A SNAPSHOT IN TIME!

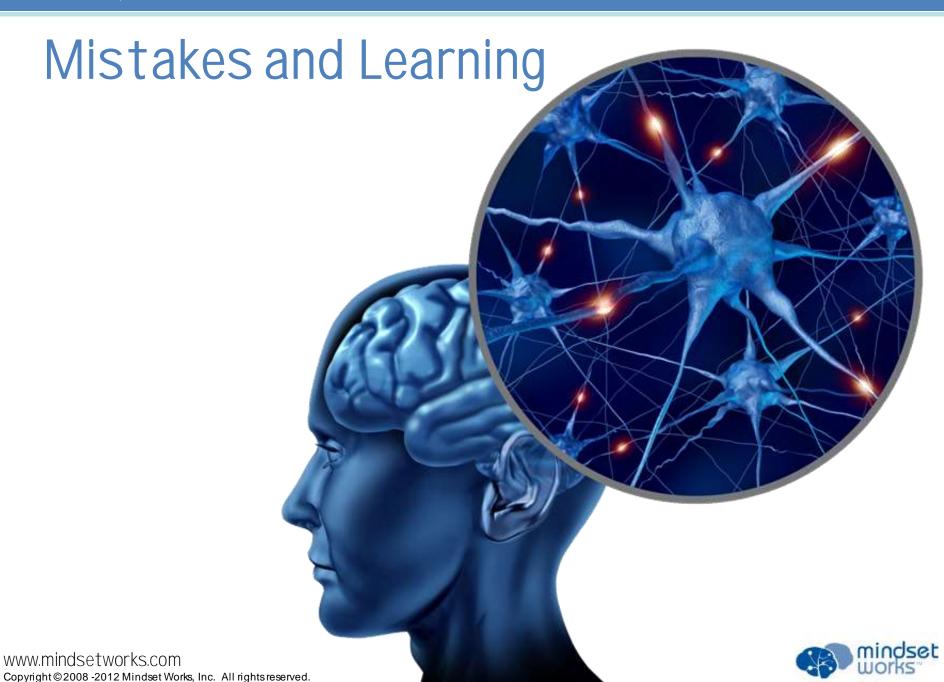
Message: Relax, use your best effort, work hard, use your strategies, dig in!

This is a great chance to dig in and find out what you know.

Then use the information when you get the results back to GROW!

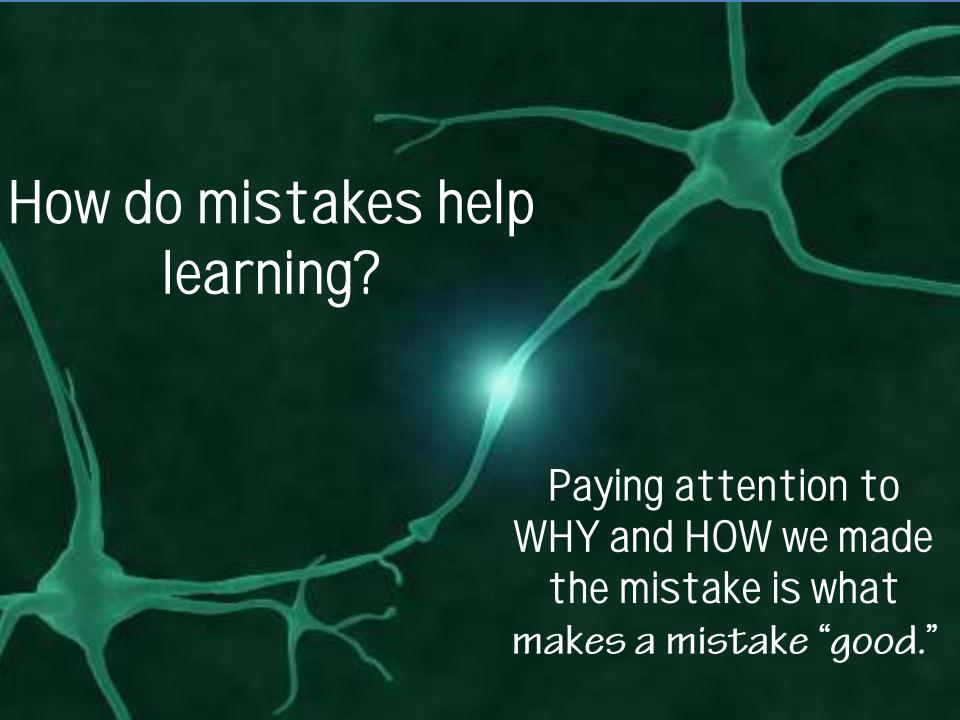






Are you sure?





Try some of these...

- Boo Boo Party: I am so glad I made a mistake because...
- Pits and Cherries
- Failure Bows
- "I had a learning today."



Let's Try It...

What is a mistake you recently made that you could learn something from?

Use this frame:

I made this mistake..., but I am so glad I did because now I know...



Be Resourceful – Use Strategies

What works for you?

- Open up the challenge math practice on the computer.
 Stare at it.
- Now stare at it harder.
- Close that window and open your email.
- Rummage through backpack and get a snack.
- Re-open the window and start over.
- Click through quickly to get it done.

- Open the challenge math practice and lay out your notes next to the mouse.
- Look for similarities
 between the class practice
 and the computer practice.
- Try a few out and see what happens.
- Look at what the guy next to you is doing. Ask a clarifying question.
- Try a few more and see if it goes any better...

Disengagement

"I don't know."

"I don't know what to do."

"I'm already trying as hard as I
can."



Ways to say: "I don't know."

- 1. May I please have more information?
- 2. May I have some time to think?
- 3. Would you please repeat the question?
- 4. Where could I find more information about that?
- 5. May I ask a friend for help?

Source: Jeff Dunn, @edudemic



BraingLo

Mindset Works* EducatorKit - Module 2 Toolkit

Effective Effort Rubric

This rubric assesses the learning process

-	Fixed	Ocess—the effective e	
Taking on Challenges	This feature will not take on challenges on higher own. Challenges are to be avoided.	Mixed	Growth
		This bearver weight take on challenges when a life her some previous experience with forcess in a release challenge.	This issues hotel forward to the
Learning from Mistakes	The issumer many mintaines as fathered, no proof that the task is beyond their reach many lode mintaines or be about them.	The laneau may one mistakes as fathered, has looks creatings to	The leaster two citations as
Accepting	The laws of	mintakes in order to nucleed.	to minteed. Overcome, Learner reflects about what other learned and applies to bearing when revening the two.
Feedback and criticism	feedback and may avoid a all together. Croccom and toneth-cire feedback are seen as a reason to que.	The learner may be rectivated feedback if it is not everly critical or therethereng, below a gaveg the feedback, the level of difficulty of the tasks, or their personal rections as the feedback and the feedback and the feedback and blackers as blackers measurement.	The learner moter and is motivated by familiarly and contraction. Sive spines near contraction, as a most of healthest. The learner stocks of familiars in the one of a supportion derivant in the learner spines.
Practice and Applying Strategies	The learner does not practice and stay event a great deal of effort events practice. The learner does not have any groundjeen for screening the hearning speak or tasks or rought apply ineffective strategies.	The insurer practices, but a major settlect can devel forwher, causing the insurer to do. causing the insurer to do. causing the insurer willing to practice things of the scheme caused to being put as a develop to meet a challenge. They meet apply these was strategies unless it is committed they are strategies unless it is committing they are strategies unless it is committing they are strategies possessing of the committed of the cause of the	The learner enjoys the process of practicing and seek a or part of the process of parting good at temperature. Learner may create leafner over process as anything after. The learner fluidly code many strategies, those of some of higher own strategies, and asia others admit their admit their strategies.
Perseverance (focus on task)	The learner has little to no stamina for learning gods and tasks. The learner gives up at the first sign of struggle.	The leather may purpovers with prompting and suggest. Wiless the leather is provided strategies for overcoming plottedes, whe will study or give up.	The learner "spoks to it" and has prainting for the basic). This beamer beings working confidently petit the tack is conglete.
Asking Questions	The learner does not ask questions or diese not know which questions to ask, but can usually say they don't "get it" if prompted.	The layner might ask questions about a portion of the task that they feel they can do. If A/Ne personnel is to be not of their about, the problem is to be and of their about, the problem is sent ask questions.	The learner asks specific questions, asks questions aloud that questions and challenges the text, the text, and the text, the text, and the text.
Taking Risks	The learner dises not take rules, turns in blank work or copind work, if anything at all. The learner is not engaged in the processibate.	The learner will take ratio if the task is already four familiar to browner. If not, the learner will years to suppring or carring in partially completed work.	The become begins tools confidently, may making errors, and appears shared the unit of a product).

Effective Effort Rubric www.mindsetworks.com



Effective Effort Rubric In Practice

Before taking on a new learning goal

Have students look at 1-2 strands at a time for a week.

Ask them to reflect about how they typically react. Discuss concrete examples of what a growth minded reaction would look like.

After a summative test

Have students sit down with the rubric and highlight the behaviors they had leading up to the test.

On the back, ask them to write to you about what they would do differently.



What is inspiring you today?

Talk with a partner about where you see opportunity to share mindset with your school, students, or family.





Discussion
How could you create a
growth mindset "sea" in
your school?





Essential Stakeholders: Families

Emily Diehl

Talking with families about their children



Make the switch...





When children succeed with strong effort...

Remember for a moment how challenging this was when your child began. Look at how far she has come!



When the child not being challenged:

 When students don't have to put forth much effort, they aren't really learning new things.
 It's my responsibility to keep them in the "learning zone."



When the child is struggling despite effort

When he tells you that he can't do it, remind him that he can't do it *yet*.

I expect your child to make some mistakes. Mistakes are welcome here! This is how we learn what we need to focus on and practice.



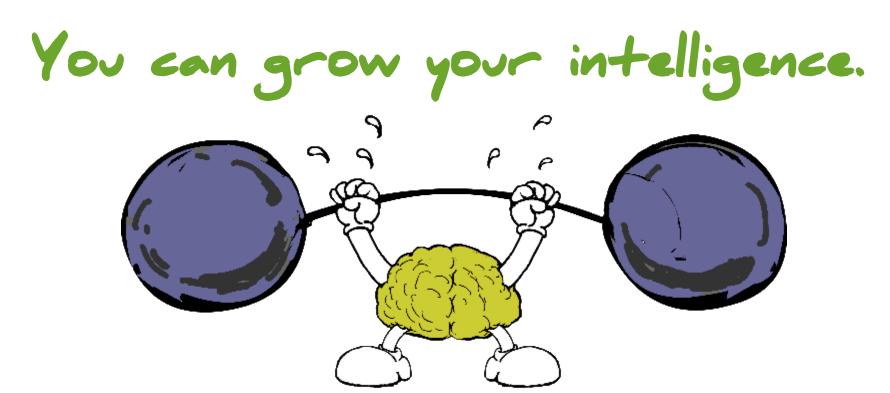
When the child is discouraged and feeling helpless...

 Some children think they can't be good at something because they see peers who have more skills or higher grades. In our class we teach students that they can get smarter and better at anything if they put their minds to it.



Including Parents

What do parents need to know?





Including Parents

What do parents need to know?

Praise and feedback send lasting messages about intelligence.



Everyday Interactions

Subtle verbal feedback from adults can put children in a fixed mindset and undermine motivation, and that this can happen even from valued caregivers who are trying to encourage children.

(Mueller and Dweck 1998; Kamins and Dweck 1999)



Including Parents

What do parents need to know?



Mindset: University of Hong Kong

All instruction is in English...

- -Students with a growth mindset about intelligence took an opportunity to take an English Course.
- -However, students with a fixed mindset were not enthusiastic.
- -Because they did not want to expose their deficiency, they were willing to put their whole college career in jeopardy.

(Dweck 1999)



Duck Syndrome

· Looks effortless.

 Paddling madly, studying secretly, etc.

 You only look smart if you are NOT working hard.

Including Parents

What do parents need to know?

Mindsets can be changed.





Parent Nights!

- Talk about the plasticity of their children's brains
- Use the LeaderKit slide show



Additional Resources

- Mindset, by Carol Dweck, Ph.D. (book)
- Mindset TEDx talk: http://youtu.be/pN34FNbOKXc
- Mindset Works teacher PD and curricula: <u>http://www.mindsetworks.com</u>
- Mindset Works newsletter: http://community.mindsetworks.com/newsletter
- More resources for educators at: http://www.mindsetworks.com/free-resources/



Thoughts, Questions, Feedback

