

Abilities can be Developed



October 21, 2015

"A growth mindset isn't just about effort. Perhaps the most common misconception is simply equating the growth mindset with effort. Certainly, effort is key for students' achievement, but it's not the only thing. Students need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches—not just sheer effort—to learn and improve."

This statement came from what I believe is a very powerful essay, [Carol Dweck Revisits the 'Growth Mindset'](#) that I would encourage all of you to take a few moments to read. I was struck by one very powerful statement, "Teachers who understand the growth mindset do everything in their power to unlock that learning." I encourage you to share with me on Twitter something from the article that resonates with you. You can tweet @abbeystewartas1 and don't forget to include #FloridaMindset.

As we continue exploring mindsets, I think it is imperative that we have a very clear and concise definition of what exactly a growth mindset is. Over the summer I had the opportunity to hear Eduardo Briceño speak. You may recognize Eduardo from his [Ted Talk: The Power of Belief](#) that was shared with you last year. During his presentation he explained that a growth mindset is NOT persevering through problem solving or never giving up. Eduardo explained that growth mindset has a very explicit definition, and that is: **Abilities can be developed**. It is in this understanding that ability can be developed and that you as a teacher have the power to unlock learning for all of Florida's students.

All the best,

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#FLORIDAMINDSET

Did you know?

HOW TO ENCOURAGE STUDENTS

Growth Mindset

What to say:

"When you learn how to do a new kind of problem, it grows your math brain!"

"If you catch yourself saying, 'I'm not a math person,' just add the word 'yet' to the end of the sentence."

"That feeling of math being hard is the feeling of your brain growing."

"The point isn't to get it all right away. The point is to grow your understanding step by step. What can you try next?"



Fixed Mindset

What not to say:

"Not everybody is good at math. Just do your best."

"That's OK, maybe math is not one of your strengths."

"Don't worry, you'll get it if you keep trying."*

*If students are using the wrong strategies, their efforts might not work. Plus they may feel particularly inept if their efforts are fruitless.

"Great effort! You tried your best."*

*Don't accept less than optimal performance from your students.



SOURCE: Carol Dweck

Classroom Connections

Just Take 20

Recently, the Florida Department of Education launched the *Just Take 20* literacy campaign to support K-12 Florida families with practical, easy-to-implement activities to add 20 minutes of reading to their day. Research says that children who read at least 20 minutes a day outside of the classroom do better in school and in life. *Just Take 20* gives families tips and activities to integrate reading easily into daily life.

For more information about the *Just Take 20* family literacy campaign, visit JustTake20.org.

External Opportunities

DonorsChoose.org

Chevron is working with DonorsChoose.org again this year to help K-12 teachers in public schools get supplies for eligible public school classroom projects. Submissions will be accepted on DonorsChoose.org until **November 15, 2015**. The earlier you post your project during the submission period, the better your chances will be to receive funding. See the [Fuel Your School](#) website for all the details.

2015 Women's History Essay Contest

The Florida Commission on the Status of Women is seeking entries for the 2015 Women's History Essay Contest from students in grades 6–9. The Commission invites students to participate in order to gain a more relevant appreciation of women's roles in history, and engage young minds of women's role in the future. Winning essayists will be awarded prizes and recognized at a special ceremony at the [3rd Annual Florida Women's Day at the Capitol](#) in Tallahassee on January 28, 2016. The deadline for entry is November 13, 2015.

For more information regarding the 2015 Women's History Contest, visit [here](#).