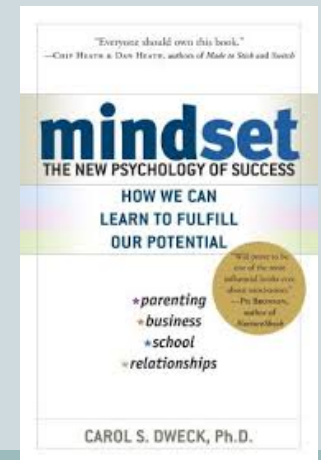


# MRHE Mindset Parent Book Study



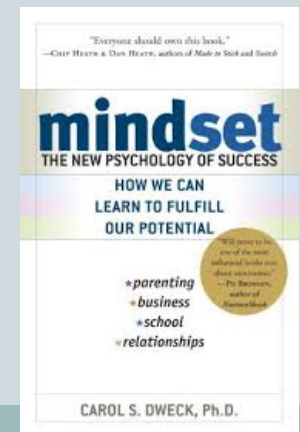
## SESSION 1: “INSIDE THE MINDSETS”



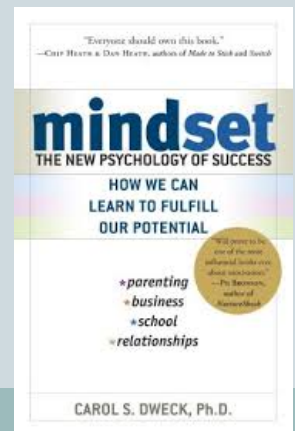
# Goals for Tonight...



- Learn about one another. Who is in the room tonight?
- Introduce the concepts of Fixed and Growth Mindsets
- Small group discussions to explore our understanding of the Fixed and Growth Mindsets.



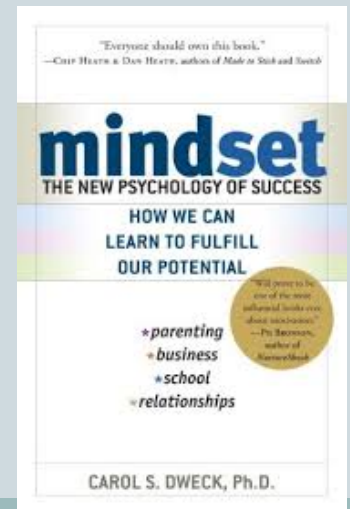
# Who is in the Room?!



# Video Presentation



- <http://www.youtube.com/watch?v=pN34FNbOKXc#t=14>



# The 3 Mind Rules...



## 1. Goals..

Fixed Mindset: Look smart at all costs

Grow Mindset: Learn at all costs

## 2. Effort..

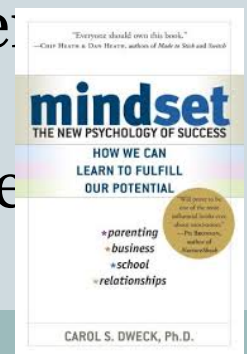
Fixed Mindset: Effort means no ability

Growth Mindset: Effort activates ability

## 3. Setbacks..

Fixed Mindset: Mistakes measure your fixed abilities so hide the

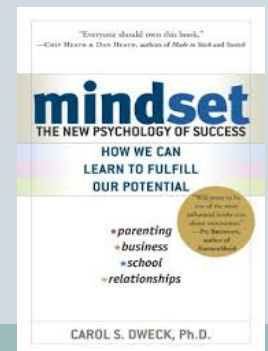
Growth Mindset: Capitalize on mistakes and confront deficiencies



# Individual Free Write..

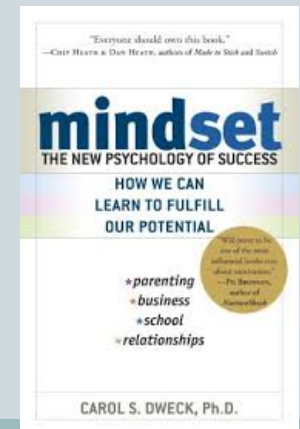


- Individually write the answers to these questions:
  1. What do I think about struggle? Do I think that struggling with something means I must not have the ability?
  2. How do I feel about making mistakes?
  3. What are my goals when I enter into any new learning situation?



# Small Group Discussion

Share what you wrote and any insights...



# Next Meeting



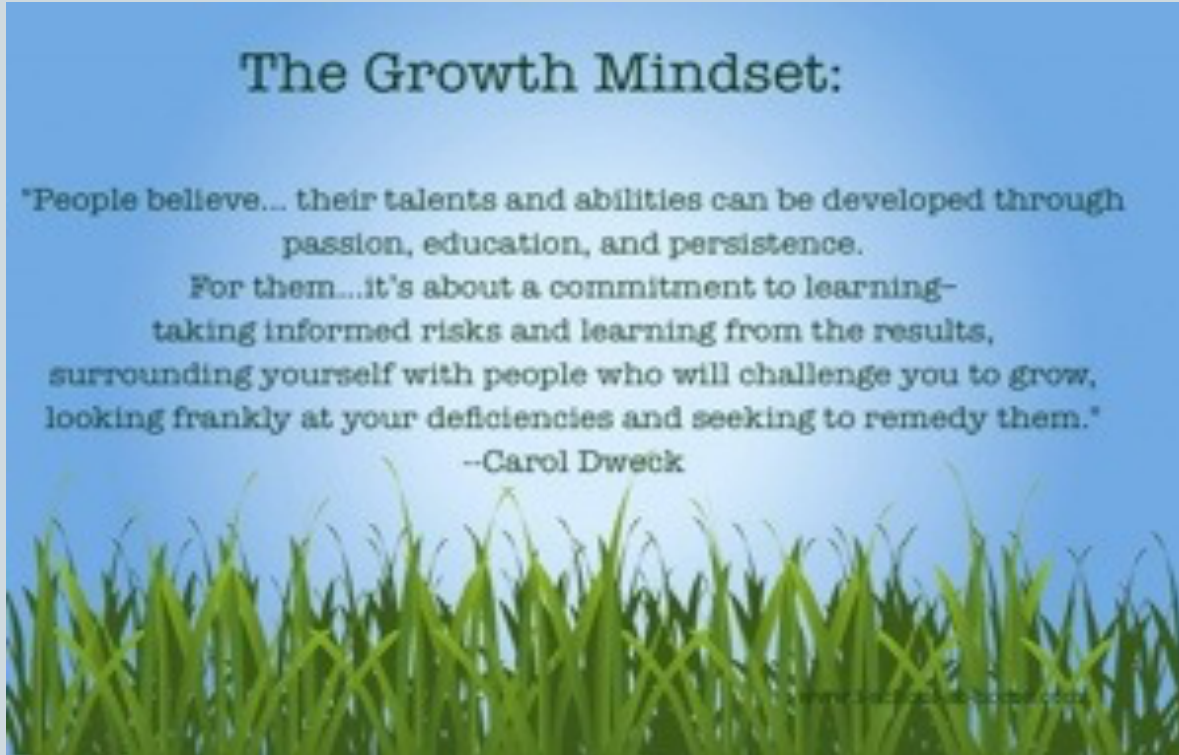
December 10<sup>th</sup>, 6-7pm, Topic: “Where do the Mindsets Come From?”

## The Growth Mindset:

“People believe... their talents and abilities can be developed through passion, education, and persistence.

For them...it's about a commitment to learning—taking informed risks and learning from the results, surrounding yourself with people who will challenge you to grow, looking frankly at your deficiencies and seeking to remedy them.”

--Carol Dweck





# Your Homework...



Consider these questions:

- What is the Mindset culture of your current or past job situation? What is your mindset around your job?
- What Mindset messages did you learn at school as a child?
- What Mindset messages did you learn from your family of origin?

