

TeachME Professional Development

Growth Mindset in the Classroom

1. What is a growth mindset?

- A. The idea that growth is equated with perfecting innate strengths and talents.
 - B. A psychological concept that the brain is inherently capable of positive change.
 - C. A belief that the key to growth is meaningfully contributing to the future.
 - D. A focus on having tools and communities of learning that enhance higher performance.
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2. Praising a student's innate talents may contribute to a fixed mindset.

- A. True
 - B. False
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3. Which of these is not a gamification technique?

- A. In-class trivia competitions
 - B. awarding XP in addition to grades
 - C. assigning your students 'quests' instead of assignments
 - D. project based learning using word cloud
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4. It is possible to have a growth mindset about some things and not others.

- A. True
 - B. False
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5. What is a benefit often associated with students who have growth mindsets?

- A. Understanding that responsibility requires action
 - B. The ability to get along and fit in when necessary
 - C. Increased persistence
 - D. Embracing established norms and values
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6. Which of these is a term that psychologists call the voice of the fixed mindset?

- A. A bully mindset
 - B. Regressive thinking
 - C. Inner saboteur
 - D. Fixed Freddie
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7. Adults can cultivate a growth mindset, just as well as children can.

- A. True
 - B. False
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8. Which of these is a way you can model a growth mindset as an educator?

- A. Admit your mistakes
 - B. Discuss empathy and inclusion
 - C. Address the connection between ambition and altruism
 - D. Compare personal success with community prosperity
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9. Which of these is not a characteristic of a fixed mindset?

- A. Avoiding challenges
 - B. Being pessimistic all the time
 - C. Giving up easily
 - D. Avoiding critical feedback
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10. Growth mindsets are often associated with greater happiness and success in students.

- A. True
 - B. False
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