

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.

2. Praising a student's innate talents may contribute to a fixed mindset.

- A. True
- B. False

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

4. It is possible to have a growth mindset about some things and not others.

- A. True
- B. False

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

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

7. Adults can cultivate a growth mindset, just as well as children can.

- A. True
- B. False

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

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

10. Growth mindsets are often associated with greater happiness and success in students.

- A. True
- B. False

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