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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