Fall 2023 Writing Center Professional Development Day

September 26, 2023

Growth Mindset Activity

Part 1: Helping Students to Overcome Fixed Mindsets Through Affirmation

General Advice:

* Be specific.
* Affirm potential.
* Be sincere.
* Cultivate agency.

For Example:

Statement: “I think I sound dumb when I write.”

Response: “I bet that with the right approach to the topic, you would find you have a lot to say. Let’s work together to figure out what you already know about the topic.”

Part 2: Group Activity:

Directions: Working with your group, devise 3 (THREE) possible responses to the below samples of Fixed Mindset Statements. Try to include at least 1 (ONE) statement that contains a positive affirmation.

Sample Fixed Mindset Statements (FMS):

1. I am not a writer.
2. I know I am going to fail. So, why should I bother?
3. I’ll never be able to do this.
4. I don’t find this subject interesting or relevant.

Group Members: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Statement: Responses:

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