

# CONTENTS

---

List of Figures xi

---

The Challenging Learning Story xiii

---

Preface xiv

---

Acknowledgements xvi

---

About the Authors xviii

---

## PART I WHAT IS MINDSET? 1

### Chapter 1: A Tale of Two Mindsets 3

---

- 1.0 • Definition of Mindset 4
- 1.1 • A Comparison of Fixed and Growth Mindsets 4
- 1.2 • What Difference Does Mindset Make? 8
- 1.3 • Mindset Is Not Black and White 10
- 1.4 • Mueller and Dweck Results 13
- 1.5 • We Are All a Mix of Mindsets 15
- 1.6 • A Fixed Mindset Might Be More Common Than We Care to Admit 17

## PART II WHAT IS THE IMPACT OF MINDSET? 21

### Chapter 2: Growth Mindset Implementation Is Not There (Yet) 23

---

- 2.0 • Growth Mindset Effect Size 23
- 2.1 • Reduced Efficacy 1: Third-hand Knowledge 26
- 2.2 • Reduced Efficacy 2: Mindset Is Made to Sound Too Easy 27
- 2.3 • Reduced Efficacy 3: Too Much Performance-Focus, Not Enough Time 28
- 2.4 • Reduced Efficacy 4: Influences Are Complex 29

- 2.5 • Reduced Efficacy 5: Mindset Affects Qualities Other Than Achievement 31
- 2.6 • What Are the Criticisms of Growth Mindset? 33

### **Chapter 3: When Does Mindset Work Best? 39**

---

- 3.0 • Goals, Strategies and Expectations 39
- 3.1 • Mindset Works Best When Goals Are Learning-Orientated 40
- 3.2 • Mindset Works Best When There Is Challenge 41
- 3.3 • Mindset Works Best When There Is a Chicken and an Egg! 41
- 3.4 • Mindset for Lifelong Learning 42
- 3.5 • Mindset Without Shame 43

## **PART III HOW DOES MINDSET INTERACT WITH EDUCATION? 49**

### **Chapter 4: Mindset in Education 51**

---

- 4.0 • Introducing Alisha and Zack 51
- 4.1 • Alisha and Zack's Backgrounds 53
- 4.2 • Alisha and Zack Start School 54
- 4.3 • Alisha and Zack Meet Their Teachers 56
- 4.4 • Alisha and Zack Discover Their Talents 58

## **PART IV WHAT IS YOUR CURRENT REALITY? 63**

### **Chapter 5: Do You Have a Growth Mindset Culture? 65**

---

- 5.0 • What Are We Aiming to Achieve? 65
- 5.1 • How Much Progress Have We Made So Far? 71
- 5.2 • Collecting Your Evidence 71
- 5.3 • What Next? 72

## **PART V HOW CAN YOU BUILD A GROWTH MINDSET? 75**

### **Chapter 6: Privilege Progress 77**

---

- 6.0 • The Origins of Intelligence Testing 77
- 6.1 • Administering Tests the Growth Mindset Way 80

- 6.2 • Draw Attention to Progress 84
- 6.3 • Progress–Achievement Quadrants 91
- 6.4 • Different Forms of Progress 98
- 6.5 • Your Students Are Already Making Progress 102

## **Chapter 7: Use the Power of Yet 105**

---

- 7.0 • The Power of Yet 105
- 7.1 • The Power of Yetis 106

## **Chapter 8: Choose Challenge 117**

---

- 8.0 • Mindset Matters Most When There Is Challenge 117
- 8.1 • When Students Pick the Easier Path 117
- 8.2 • Encouraging Students to Choose the Challenging Path 121
- 8.3 • Mindset Through the Learning Pit 123

## **Chapter 9: Be Careful with Praise 129**

---

- 9.0 • Different Types of Praise 129
- 9.1 • To Praise or Not to Praise? 132
- 9.2 • Praise and Cheating 140
- 9.3 • Praise and Self-Efficacy 141
- 9.4 • Praise, Rewards and Mindset 143
- 9.5 • When to Praise 144
- 9.6 • Praise in Practice 145

## **Chapter 10: Flopped Learning 151**

---

- 10.0 • Flops Lead to Enhanced Learning 151
- 10.1 • Flopped Products 153
- 10.2 • Flopped Feedback 154
- 10.3 • Flopped Parents 158
- 10.4 • Effort Is Not Enough 160
- 10.5 • Resilience and Grit 161
- 10.6 • Flopped Previews 162
- 10.7 • Flopped Leading 164

**PART VI WHAT NEXT? 167**

**Chapter 11: Growth Mindset Lessons 169**

---

- 11.0 • Learning Challenge Lessons 169
- 11.1 • How Much Can Emily Influence Her Future? 169
- 11.2 • Was Usain Bolt Born to Be an Olympic Champion? 176
- 11.3 • Is Challenge Interesting? 183

**References 191**

---

**Index 195**

---