
**GROWTH
MINDSET**



GRIT

EYE OF THE TIGER

TODAY'S INTENTION:

- ★ What is Grit
 - ★ Growth vs. Fixed Mindset
 - ★ Are you a Zoo or Jungle Tiger?
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grit

/grit/ 

noun

1. ~~small, loose particles of stone or sand.~~

~~"she had a bit of grit in her eye"~~

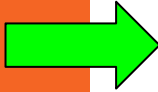
~~*synonyms:* sand, dust, dirt; [More](#)~~

2. courage and resolve; strength of character.

"he displayed the **true grit** of the navy pilot"

synonyms: courage, bravery, pluck, mettle, backbone, spirit, strength of character, strength of will, moral fiber, steel, nerve, fortitude, toughness, hardiness, resolve, resolution, determination, tenacity, perseverance, endurance; [More](#)

verb



School goal

Promote Growth Mindset

Why is this Important?

THE FIRST-YEAR MINDSET

60%

- Of 1st year college students wished they had gotten more emotional prepping in the areas of**
- Taking care of oneself**
 - Adapting to new environments**
 - Ability to control negative emotions or behavior**
 - Building positive relationships**

-INC.com

Growth mindset vs fixed mindset



SUCCESS



FRUSTRATION

1. I can learn anything I want to.
2. When I'm frustrated, I persevere.
3. I like to challenge myself.
4. When I fail, I learn.
5. I like being told that I try hard.
6. If my classmates succeed, I'm inspired.
7. My effort and attitude determine everything.

1. I'm either good at it, or I'm not.
2. When I'm frustrated, I give up.
3. I don't like to be challenged.
4. When I fail, I'm no good.
5. I like being told that I'm smart.
6. If my classmates succeed, I feel threatened.
7. My abilities determine everything.


GRIT



Learned helplessness

You're better than that!

Rocky



“ No one likes to be frustrated or fail, but every child needs to encounter frustration and failure—to learn to step back, reassess, and try again and again—to develop grit. ”

- Thomas Hoerr & Walter McKenzie on Inservice's "Grit: Multiple Intelligences and Instructional Technology"



JUNGLE TIGER



Are you a Zoo Tiger or a Jungle Tiger?



Peer: Peer share activity

- What makes you a Jungle Tiger?

- What makes you a Zoo Tiger?
-

- Seperate into groups

- Choose a writer

- Academic

- Conflict

- Smoking

FIXED

GROWTH



CHARGING
LIFE

Let me tell you something you already know. The world ain't all sunshine and rainbows. It is a very mean and nasty place and it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't how hard you hit; it's about how hard you can get hit, and keep moving forward. How much you can take, and keep moving forward. That's how winning is done. Now, if you know what you're worth, then go out and get what you're worth. But you gotta be willing to take the hit, and not pointing fingers saying you ain't where you are because of him, or her, or anybody. Cowards do that and that ain't you. You're better than that!

~ Rocky Balboa

Life is tough,
but so are YOU.

WE ARE HERE FOR YOU.

- Open door policy, fill out pink slip by office door, email
 - Talk to a trusted adult
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