Flexible Thinking: Promoting Growth Mindset

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Agenda

- Meet and Greet
- Introduction
- Presentation
- Q & A/ Feedback

What is Flexible Thinking?

Flexible thinking or cognitive flexibility is the ability to think about things in a new or different way.

Flexible thinking is also an important part of self-regulation and handling big emotions.
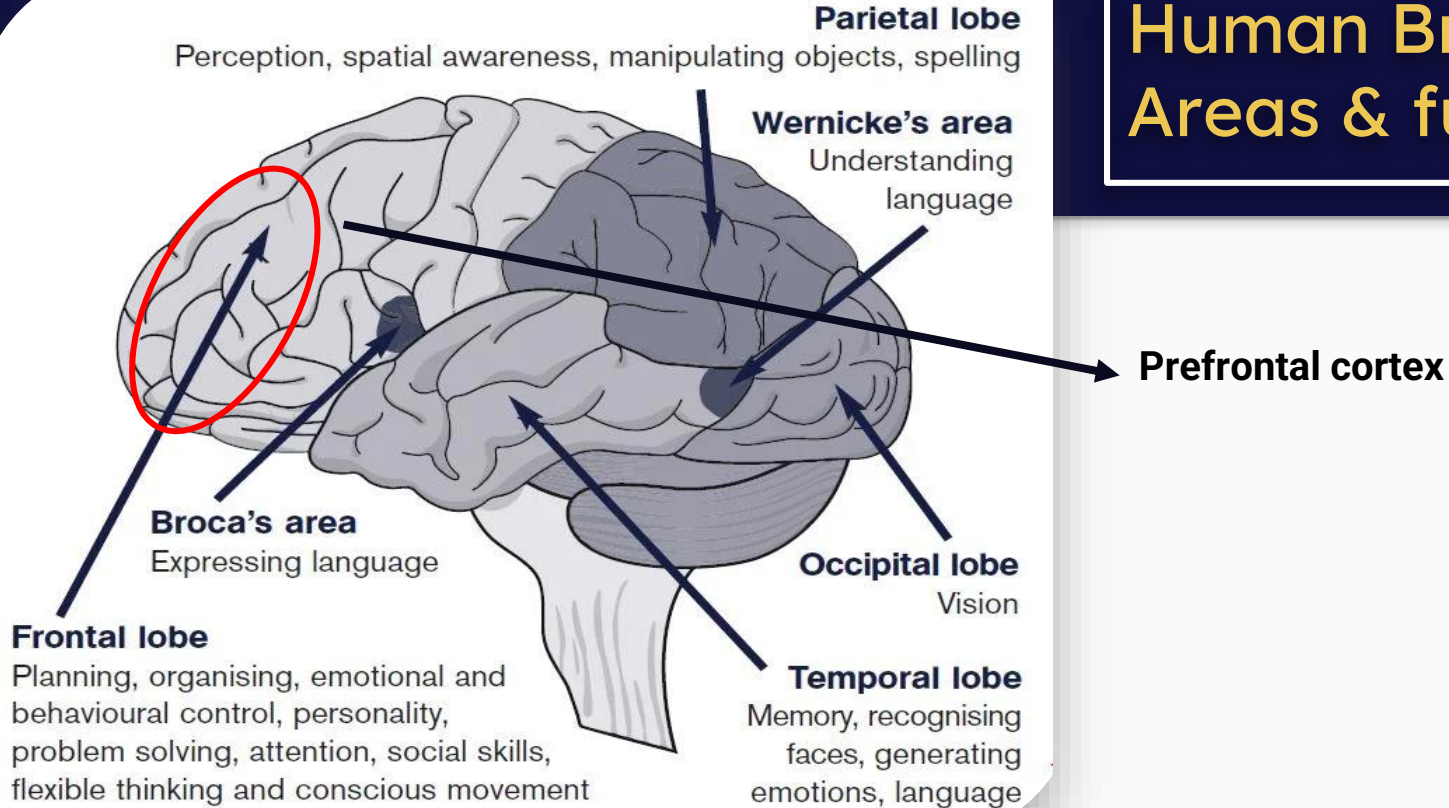
When kids are able to think flexibly about a problem they're less likely to fall apart if things don't go according to their plan or expectations.

Core Components of Flexible Thinking

- Open-mindedness to embrace change
- Acknowledge the situation or problem
- Adaptable or elastic
- Solution focused
- Process oriented not sole goal directed
- Reflective

Human Brain: Areas & functions

Parietal lobe
Perception, spatial awareness, manipulating objects, spelling

Wernicke's area
Understanding language

Broca's area
Expressing language

Frontal lobe
Planning, organising, emotional and behavioural control, personality, problem solving, attention, social skills, flexible thinking and conscious movement

Occipital lobe
Vision

Temporal lobe
Memory, recognising faces, generating emotions, language
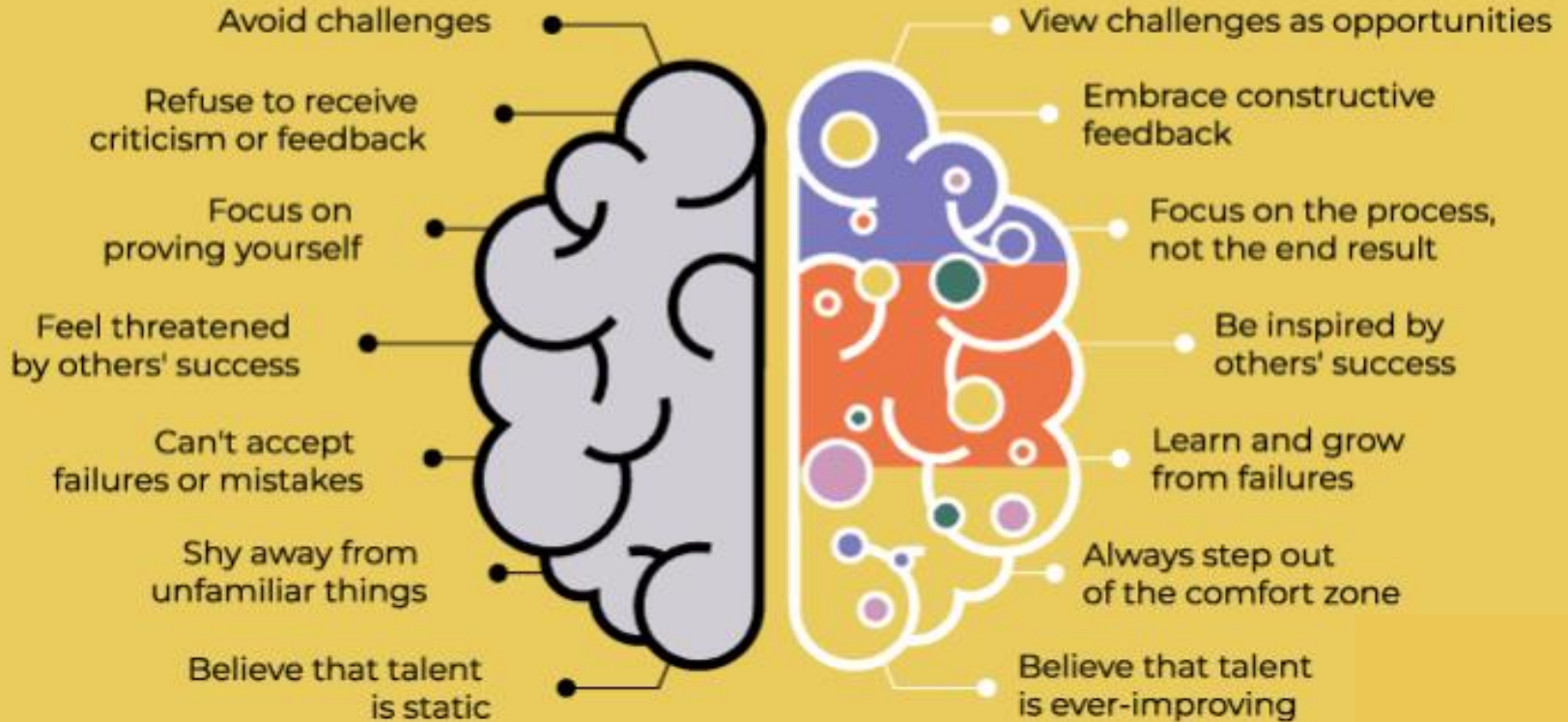
Prefrontal cortex

Benefits of Flexible Thinking

- It enables us to work efficiently as we shift our attention to another task and pick up where we left off
- View setbacks as unfixable disaster or problem
- Retool or reconfigure our plans and prepare for a new response or set of actions
- Execute the new plans and actions to the task at hand
- Our emotions commensurate with our actions
- Accepts constructive criticisms and feedback

Benefits of Flexible Thinking

- Open to new and creative ideas
- Receptive to seeking support and assistance
- Makes multiple attempts and willing to commit to completing the task despite the difficulty
- Able to acknowledge one's personal effort to succeed-
- Positive self regard

Fixed Mindset vs Growth Mindset

Avoid challenges

Refuse to receive criticism or feedback

Focus on proving yourself

Feel threatened by others' success

Can't accept failures or mistakes

Shy away from unfamiliar things

Believe that talent is static

View challenges as opportunities

Embrace constructive feedback

Focus on the process, not the end result

Be inspired by others' success

Learn and grow from failures

Always step out of the comfort zone

Believe that talent is ever-improving

Short summary of Growth Mindset

Challenges of Fixed/Rigid mindset

- Difficulty dealing with changes
- Harder to cope with setbacks
- Self critical of one's capability and capacity
- Engages in negative self talk "I'm not good enough"

- Di

Challenges of Fixed/ Rigid Mindset

- Limited coping repertoire to problem solve a situation
- Low frustration tolerance
- Appraisal of the issue may be over magnified/ out of proportioned to the actual situation
- Try to hide their mistakes/ not acknowledge them
- Feeling insecure
- Feeling lack of control & helpless
- Negative self talk, self denigrating

What is Failure?

- What synonyms can you think for failure?
- What are some emotional responses do you experience when you think you failed or someone labeled you as a failure?
- Think about the images immediately comes to mind when you see or hear the word "failure?"
- What signals does your body tells you when you failed at something?

How Do You Define Success?

In general, people tend to determine success based on the outcome. However, another way of viewing success is the overall steps taken by students to gain new knowledge and acquire new skill sets.

Instead of measuring and highlighting success solely based on the result, we should also acknowledge and appreciate the process the children went through to achieve their goal.

What kind of praise should we give to help children continue to be successful

Types of Praise and Mindsets

Ways to Promote Healthy Mindset
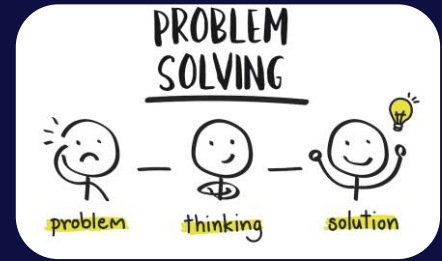
- Challenge the notion that failure is not an option
- An unfinished task doesn't necessarily mean failure or wrong but unfinished venture that needs to be attended to.
- Inject creative process to learning
- Trial and error-embrace struggle as part of learning process to find solution(s) to a question.
- Repeated practice not only helps consolidate skills learned, instill confidence