

**Lilly West Conference 2015**  
**Understanding Growth Mindset and the Impact it has on Student Success**  
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1. Think about a time you faced an important challenge with a fixed mindset. What were your thoughts and worries -- about your abilities, other people's judgments, or the possibility of failure? Describe these thoughts and feelings.
  
2. Now think about a challenge you are currently facing or might face in the future. How can you approach this challenge from a growth mindset perspective?
  
3. Think about the feedback you give in class discussions and on assignments, tests and essays. Does your feedback promote a growth or a fixed mindset?
  
4. Describe some ways you could promote a growth mindset in the classroom.