

# TeachME Professional Development

## Growth Mindset in the Classroom

### 1. What is a growth mindset?

- A. The idea that growth is equated with perfecting innate strengths and talents.
  - B. A psychological concept that the brain is inherently capable of positive change.
  - C. A belief that the key to growth is meaningfully contributing to the future.
  - D. A focus on having tools and communities of learning that enhance higher performance.
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### 2. Praising a student's innate talents may contribute to a fixed mindset.

- A. True
  - B. False
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### 3. Which of these is not a gamification technique?

- A. In-class trivia competitions
  - B. awarding XP in addition to grades
  - C. assigning your students 'quests' instead of assignments
  - D. project based learning using word cloud
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### 4. It is possible to have a growth mindset about some things and not others.

- A. True
  - B. False
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### 5. What is a benefit often associated with students who have growth mindsets?

- A. Understanding that responsibility requires action
  - B. The ability to get along and fit in when necessary
  - C. Increased persistence
  - D. Embracing established norms and values
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### 6. Which of these is a term that psychologists call the voice of the fixed mindset?

- A. A bully mindset
  - B. Regressive thinking
  - C. Inner saboteur
  - D. Fixed Freddie
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**7. Adults can cultivate a growth mindset, just as well as children can.**

- A. True
  - B. False
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**8. Which of these is a way you can model a growth mindset as an educator?**

- A. Admit your mistakes
  - B. Discuss empathy and inclusion
  - C. Address the connection between ambition and altruism
  - D. Compare personal success with community prosperity
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**9. Which of these is not a characteristic of a fixed mindset?**

- A. Avoiding challenges
  - B. Being pessimistic all the time
  - C. Giving up easily
  - D. Avoiding critical feedback
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**10. Growth mindsets are often associated with greater happiness and success in students.**

- A. True
  - B. False
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