Mindsets & Resilience:
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Centre for Positive Psychology
Queen’s College Certificate of Positive Psychology
Promoting growth mindsets to enhance your resilience

– The underlying psychosocial process of resilience
– The neuroscience of neuroplasticity
– Notions and perception of intelligence (Exercise 1)
– Growth vs. fixed mindsets (Exercise 2)
– Goal-setting with a growth mindset (Exercise 3)
Resilience refers to being able to ‘bounce back’ from difficult situations
I didn’t fail 1,000 times. The light bulb was an invention with 1,000 steps.
JK Rowling submitted the first book to 12 publishing houses... It was rejected by every single publisher.
Oprah was fired from her job as a television reported because she was “unfit for TV”
Is intelligence a fixed human quality OR can human traits such as intelligence be increased through effort?

Source: Dweck, 2006
“Neuroplasticity”
Source: https://www.youtube.com/watch?v=ELpfYCZa87g&spfreload=10
“With practice, training, and above all, method, we manage to increase our attention, our memory, our judgment and literally to become more intelligent than we were before”

Alfred Binet
(inventor of the IQ test)
The implications of mindsets

- Two different implicit beliefs about intelligence and potential
  - People believe that intelligence is either malleable or fixed
  - Which ever you adopt dramatically affects the way your lead your life.
# Exercise 1: Self-perceptions

What do you think about your potential?

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<tr>
<td>1.</td>
<td>You are a certain kind of person, and you really can’t do much to change it? <strong>True/False</strong></td>
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<td>2.</td>
<td>Your intelligence is something about you that you can’t change very much. <strong>True/False</strong></td>
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<td>3.</td>
<td>No matter who you are, you can significantly change your intelligence level. <strong>True/False</strong></td>
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<td>4.</td>
<td>To be honest, you can’t really change how intelligent you are. <strong>True/False</strong></td>
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<td>5.</td>
<td>You can always substantially change how intelligent you are. <strong>True/False</strong></td>
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<td>6.</td>
<td>You can learn new things, but you can’t really change your basic intelligence. <strong>True/False</strong></td>
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<td>7.</td>
<td>No matter how much your intelligence you have, you can always change it quite a bit. <strong>True/False</strong></td>
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<td>8.</td>
<td>You can do thing differently, but the important parts of who are you can’t really change. <strong>True/False</strong></td>
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<td>9.</td>
<td>You can always change basic things about the kind of person you are. <strong>True/False</strong></td>
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<tr>
<td>10.</td>
<td>No matter what kind of person you are, you can always change substantially. <strong>True/False</strong></td>
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Growth vs. Fixed Mindsets

**Fixed mindset**
- Need to continually prove yourself
- Belief that you only have:
  - Certain amount of intelligence
  - Certain personality
  - Certain moral character

**Growth mindset**
- Current performance is just a starting point
- Belief that basic qualities can be cultivated through effort

Dweck, 2006
“Growth & Fixed Mindsets”
Source: https://www.youtube.com/watch?v=brpkjT9m2Oo&spfreload=10
Exercise 2: Internal Monologues

Imagine you’ve decided to learn a new language and you’ve signed up with a class. A few sessions into the course, the instructor calls you to the front of the room and starts throwing questions at you, one after another. What are you thinking and feeling?
**Fixed Mindset Internal Monologue**

- Creates internal monologue that focuses on judging and validating oneself
  - “This means I’m a loser”, “This means I’m a better person than you are”

**Growth Mindset Internal Monologue**

- Creates internal monologue attuned to learning and constructive action and developing oneself.
  - “What can I learn from this?”, “How can I improve?”, “How can I help someone do this better?”
Exercise 3: Growth Goals

Think of one thing (i.e. task or activity) that you believe you’re not good at. Using a growth mindset, apply the SMART framework to set yourself a goal that can improve your skill/ability.

What is one task or activity that you would like to improve on?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What is a GOAL you would like to achieve in relation to that task or activity?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Is your goal:
☐ Specific
☐ Measurable
☐ Achievable
☐ Relevant
☐ Time-Bound
Key Take-Away Message

1. You can change your mindset
2. You have a choice
3. Mindsets are just beliefs
Committed Action: Take-away mindset activity

Check in with your buddy over the next two weeks to see how they are progressing with their goal.