

# ADVANCEMENT COURSES™

## Changing Your Fixed Mindset about Teaching

*Teachers frequently think the following statements to themselves or express such sentiments to their colleagues. While there's nothing wrong with a little venting, it will be helpful to explore how you can revise these statements to better reflect a growth mindset. The first three are done for you.*

1) I can't admit to my students when I was wrong or if I don't know something because they'll lose respect for me.

### **Change this fixed mindset to:**

It is my pleasure to allow my students to see me make mistakes, to struggle, or to be confused, because this models for them the natural process of learning and growing.

2) I can't learn yet *another* new curriculum (or assessment or set of standards).

### **Change this fixed mindset to:**

Although I know there will be a learning curve and it will take some time and patience, I am eager to explore new educational ideas and teaching techniques that I hope will have a positive effect on my students.

3) Professional development is always so boring and irrelevant—they never teach us things we actually need to know.

### **Change this fixed mindset to:**

I am going into this PD session with an open mind and positive attitude. As a professional, I am free to offer respectful, constructive criticism if I see that my needs are not being met. In the end, I will be an active participant in finding solutions to tough educational issues.

4) I wish my students' parents would stop telling me how to do my job.

### **Change this fixed mindset to:**

5) That lesson this morning was a complete disaster. My motivation is gone for the day.

**Change this fixed mindset to:**

6) I don't have time to reflect on my teaching, and it's not a big deal, anyway.

**Change this fixed mindset to**

7) The school year is halfway over; I can't introduce a new procedure or activity now.

**Change this fixed mindset to:**

8) Kids these days don't put any effort into their work and want everything to be easy.

**Change this fixed mindset to:**

9) Some of my students are just unteachable—there's nothing I can do to reach them.

**Change this fixed mindset to:**

10) All we do is test the kids. It's impossible to enjoy teaching!

**Change this fixed mindset to:**

*These ten statements are from Angela Watson's article, "How to Cultivate a Growth Mindset to Enjoy Teaching More" (thecornerstoneforteachers.com).*