

Accomplish at JCPA



DEVELOPING *RESILIENCE* AT JCPA...

Growth Mindset

by leading researcher, Carol Dweck

Pirkei Avos concludes with an oft-quoted teaching of Ben Hei Hei: לפום צערא אגרא. I have found that the Arts is a wonderful playing field where we can exercise this concept, building skills which help us achieve our goals in life: physically, mentally, emotionally and ultimately, spiritually. - Rachel

Why does it matter, anyway? How we interact and encourage students affects their attitudes toward learning. A positive mindset is the difference between a student giving up because they're "not a math person" and a productive struggle that yields growth. But a growth mindset isn't just about effort. Dweck writes, "In the fixed mindset, everything is about the outcome. If you fail—or if you're not the best—it's all been wasted. The growth mindset allows people to value what they're doing regardless of the outcome. They're tackling problems, charting new courses, working on important issues. Maybe they haven't found the cure for cancer, but the search was deeply meaningful."

Dweck goes on to provide a definition for both:

Fixed Mindset: "In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort."

Growth Mindset: "In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a **love of learning** and a **resilience** that is essential for great accomplishment."

Check out this amazing lecture by Ben Zander, an English conductor, who is currently the musical director of the Boston Philharmonic Orchestra and the Boston Philharmonic Youth Orchestra.
www.youtube.com/watch?v=qTKEBygQic0

Whether a student holds a fixed mindset or growth mindset significantly impacts their learning experience—from elementary school to high school. Students that hold a fixed mindset give up when they can't solve a problem and admit defeat. This can be detrimental to students' future efforts and leads to limited student growth.

With a growth mindset, students continually work to improve their skills, leading to greater growth and ultimately, success. The key is to get students to tune into that growth mindset. This is where teachers play a crucial role in shaping a student's confidence and outlook on school through productive, continuous feedback. It is crucial that "teachers who understand the growth mindset do everything in their power to unlock that learning."

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