

1| Understanding Growth vs. Fixed Mindset

- CASEL Self-Awareness 1A
- ASCA M 2: Self-confidence in ability to succeed

Lesson Objective: You will understand the difference between growth and fixed mindsets and how they impact your success in your chosen CTE career pathway. You will recognize how your brain can actually grow and change when you face challenges, make mistakes, and keep trying, which builds the foundation for lifelong learning in any career field you choose.

Top 5 Important Concepts Growth vs. Fixed Mindset

1. **Growth Mindset Foundation**

You can develop your abilities and intelligence through hard work, good strategies, and help from others. Your brain forms new connections every time you learn something new or practice a skill.

2. **Fixed Mindset Limitations**

You might believe your talents and intelligence are set traits that cannot change much. This thinking can hold you back from reaching your full potential in your CTE career.

3. **The Power of “Yet”**

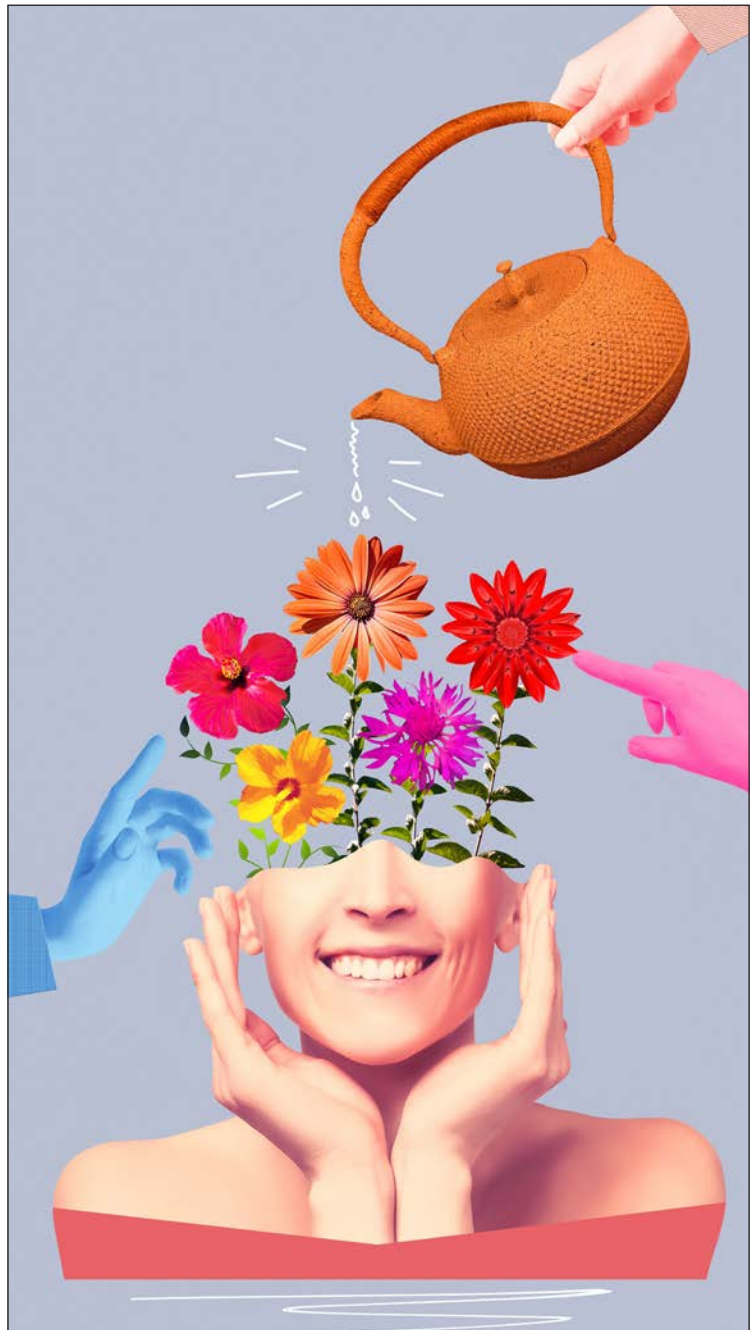
Adding “yet” to negative self-talk changes everything from “I can’t do this” to “I can’t do this yet.” This simple word opens the door to future growth and learning.

4. **Learning from Mistakes**

Mistakes are not failures but valuable learning opportunities that help your brain grow stronger. Every error teaches you something important about improving your skills.

5. **Challenge-Seeking Behavior**

You actively look for tasks that stretch your abilities because challenges help you develop new skills. Easy tasks don’t build the mental strength you need for career success.



*Your future success depends more on how you think about learning than on what you currently know.
The most successful professionals in every CTE field share one trait: they never stop growing and learning throughout their careers.*

1| Understanding Growth vs. Fixed Mindset - Self-Assessment

This assessment helps you reflect on your current mindset and discover areas for growth.

Rate yourself on each statement below using this scale:

1 = beginning to develop

2 = developing well

3 = strength area

Statement	Score (1-3)
You see challenges in your CTE classes as opportunities to learn new skills.	
You believe your abilities can improve through practice and effort.	
You turn mistakes into learning opportunities instead of seeing them as failures.	
You actively seek feedback to improve your performance.	
You persist through difficult tasks even when they feel uncomfortable.	
You focus on your own progress rather than comparing yourself to others.	
You use the word “yet” when talking about skills you haven’t mastered.	
TOTAL (7-21 points):	

7-11 points - Beginning	12-16 points - Developing	17-21 points - Thriving
You’re starting to explore growth mindset concepts, which is an important first step. Focus on practicing one or two strategies consistently, such as adding “yet” to your vocabulary or celebrating effort rather than just results. Small changes in how you think about learning will lead to big improvements in your CTE classes and future career.	You’re making solid progress in developing a growth mindset and can see the benefits in your learning. Continue building on your strengths while working on areas that need more development. Challenge yourself to take on slightly harder tasks and view setbacks as stepping stones rather than roadblocks.	You have developed a strong growth mindset foundation that will fuel your success in any career path you choose. Your positive attitude toward growth makes you the kind of employee that companies value most. Use your strengths to help classmates develop their growth mindset and continue pushing yourself toward even more challenging goals.

1| Understanding Growth vs. Fixed Mindset

Unlock Your Potential: The Growth Mindset Game-Change

What Is Growth Mindset?

Growth mindset is the belief that your abilities, intelligence, and talents can develop through hard work, smart strategies, and learning from others. When you have a growth mindset, you see challenges as chances to get better, not as threats to avoid. Think of your brain like a muscle — the more you challenge it, the stronger it gets. Thanks to neuroplasticity, your brain forms new connections every time you learn or practice a skill, meaning you're never stuck at your current level.

Fixed Mindset: The Growth Killer

Fixed mindset is the opposite belief - that your intelligence and talents are set traits that cannot change much. When you think this way, you might avoid challenges because you fear looking stupid or give up quickly when things get hard.

Students with fixed mindsets often say things like "I'm just not a math person" or "I'll never be good at public speaking." These thoughts can block your progress and keep you from reaching your full potential.

The Magic Word: "Yet"

One of the most powerful tools for developing growth mindset is adding the word "yet" to your vocabulary. Instead of saying "I can't weld properly," try "I can't weld properly yet." This simple change opens your mind to the

possibility of improvement and reminds you that learning takes time.

The word "yet" acknowledges where you are now while pointing toward where you can go.

It transforms a dead-end statement into a pathway for growth.

Why Growth Mindset Matters in CTE

In technical careers, you will constantly face new technologies, updated procedures, and changing industry standards. A growth mindset prepares you to adapt and thrive in this evolving landscape. Whether you are studying automotive technology,

culinary arts, healthcare, or any other CTE pathway, employers value workers who embrace challenges, learn from feedback, and persist through difficulties.

Common Pitfalls and How to Avoid Them

Many students fall into fixed mindset traps without realizing it. Here are some warning signs and solutions:

Comparing yourself to others: Focus on your own progress instead of how you measure against classmates. Your journey is unique.

Avoiding hard tasks or giving up quickly: Growth comes from pushing through challenges, even when it's uncomfortable. Easy tasks don't help you improve.



Your brain literally grows when you learn something new. Scientists can actually see new neural pathways forming when people practice skills, proving that effort creates real physical changes in your brain.

Taking feedback personally: View criticism as information that helps you improve, not as attacks on your character.

Quick Implementation Guide

Start building your growth mindset today with these practical steps:

Change your language: Replace “I can’t” with “I can’t yet” and “This is too hard” with “This will help me grow.”

Embrace mistakes: When you make an error, ask yourself “What can I learn from this?” instead of getting frustrated.

Celebrate effort: Praise yourself for working hard and trying new strategies, not just for getting things right. For example, celebrate when you practice a skill multiple times to master it, even if you don’t get it perfect immediately.

Seek feedback: Actively ask teachers and peers for suggestions on how to improve your work.

Set learning goals: Focus on what you want to learn rather than just what grades you want to earn.

Growing Your Career-Ready Brain

Think of your brain as the most important tool in your career toolkit. Just like any tool, it gets better with use and proper care. When you challenge yourself in CTE classes, you are not just learning specific skills - you are training your brain to tackle any problem that comes your way.

The construction worker who learns new building techniques, the nurse who masters new medical procedures, and the chef who experiments with new recipes all share one thing: a growth mindset that drives them to keep improving. This same mindset will fuel your success in whatever career path you choose.

Your potential is not fixed at birth. Every day, you have the opportunity to grow stronger, smarter, and more capable. Your willingness to learn and grow will determine your success more than your current skill level. With a growth mindset as your foundation, there is no limit to what you can achieve in your chosen field.

Start Your Growth Mindset Journey Today

Ready to begin? Here are three steps to start transforming your mindset right now:

Step 1: Change One Thing You Say

Pick one negative statement you often make about yourself and add “yet” to the end. Write it down and practice saying it five times today.

Step 2: Choose One Challenge

Identify something in your CTE classes that feels difficult and commit to practicing it for just 10 minutes today. Celebrate the effort, not the outcome.

Step 3: Ask One Question

Find one person - a teacher, classmate, or family member - and ask them for specific advice on how to improve a skill you’re working on. Listen without getting defensive.



The word “yet” activates different brain regions than negative self-talk. Brain scans show that adding “yet” to statements like “I can’t do this” lights up areas associated with problem-solving rather than stress.

1| Understanding Growth vs. Fixed Mindset - Guided Notes

Key Terms

- 1. Growth Mindset: _____
- 2. Fixed Mindset: _____
- 3. Neuroplasticity: _____
- 4. Challenge: _____
- 5. Feedback: _____

Main Concept Overview

Complete the sentences using words from the word bank below:

Word Bank: challenges, develop, yet, connections, block

- 1. Growth mindset is the belief that your abilities can _____ through hard work and smart strategies.
- 2. Your brain forms new _____ every time you learn something new.
- 3. Adding the word “_____” to negative self-talk opens the door to future learning.
- 4. Fixed mindset can _____ your progress and keep you from reaching your potential.
- 5. Employers value workers who embrace _____ and learn from feedback.

Matching Section

Match the concept with its description:

- | | |
|-----------------------|--|
| _____ Growth Mindset | A. Information that helps you improve your work |
| _____ Neuroplasticity | B. Tasks that stretch your abilities beyond your comfort zone |
| _____ Feedback | C. The brain’s ability to form new connections when learning |
| _____ Challenges | D. Belief that abilities are set traits that cannot change |
| _____ Fixed Mindset | E. Belief that abilities can develop through effort and practice |

1| Understanding Growth vs. Fixed Mindset - Guided Notes Continued

True/False Questions

- 1. ____ Your brain can actually grow stronger when you practice new skills.
- 2. ____ Students with fixed mindsets often avoid difficult tasks.
- 3. ____ Making mistakes means you are not smart enough for your CTE program.
- 4. ____ Growth mindset helps you adapt to new technologies in your career field.
- 5. ____ Easy tasks help you develop the most as a learner.

Fill in the Table

Complete the table by listing strategies for building growth mindset in your CTE classes:

Growth Mindset Strategy	How You Will Apply It
Change your language	
Embrace mistakes	
Celebrate effort	
Seek feedback	
Set learning goals	

Critical Thinking Questions

1. How can developing a growth mindset help you succeed in your chosen CTE career pathway?

2. What is one fixed mindset thought you want to change into a growth mindset thought?

Scenario 1: The Internship Challenge

You start your first internship and realize the skills you learned in class aren't enough for the advanced tasks your supervisor assigns. Other interns seem to pick things up faster than you do. You feel frustrated and consider telling your supervisor you can't handle the work.

Questions:

- A. How would a growth mindset help you approach this situation differently?
- B. What specific actions could you take to turn this challenge into a learning opportunity?
- C. How might this experience benefit your long-term career development?

Scenario 2: The Failed Project

You spend weeks working on an important class project, but when you present it, you receive harsh criticism from your instructor and peers. You feel embarrassed and want to avoid similar projects in the future. Your grade is much lower than you expected.

Questions:

- A. What growth mindset strategies could help you bounce back from this setback?
- B. How can you use this feedback to improve your future work?
- C. What would you tell a classmate facing a similar situation?

Scenario 3: The Technology Update

Your CTE program introduces new equipment that replaces the tools you've spent months learning to use. Some students adapt quickly while you struggle with the new technology. You start thinking you're not cut out for this career field.

Questions:

A. How does growth mindset apply to learning new technologies in your career?

B. What steps can you take to master the new equipment?

C. How might this experience prepare you for future workplace changes?

Scenario 4: The Comparison Trap

Your lab partner consistently produces better work than you do and receives praise from instructors. You begin to doubt your abilities and consider switching to an easier program. You feel like you'll never measure up to your classmate's natural talent.

Questions:

A. How can growth mindset help you focus on your own progress instead of comparisons?

B. What strategies could you use to learn from your lab partner's success?

C. How might this situation become an advantage for your personal development?

1| Understanding Growth vs. Fixed Mindset - Reflection Questions

1

How might changing your self-talk from “I can’t do this” to “I can’t do this yet” impact your approach to learning new skills in your CTE program?

Think about specific skills you’re currently developing. Consider how this simple word change could affect your motivation and persistence when facing difficulties.

2

How can viewing mistakes as learning opportunities rather than failures change your relationship with risk-taking in your future career?

Reflect on how fear of making mistakes might limit your potential. Consider how growth mindset could help you take on new challenges and leadership roles.

3

What impact might developing a growth mindset have on your ability to seek help and accept feedback from supervisors and mentors?

Reflect on how growth mindset affects your willingness to admit when you don’t know something. Consider how this openness could accelerate your professional development.

1| Understanding Growth vs. Fixed Mindset - Case Study

TERM	DEFINITION
Abilities	
Challenge	
Effort	
Feedback	
Fixed Mindset	
Growth Mindset	
Neuroplasticity	
Persistence	
Potential	
Yet	

Understanding Growth vs. Fixed Mindset

C K F P A X R G R R M Y J C W P A P L O I F T J
J W I B R V H M R L I K T F H D A U S V B Q E U
E Y X G C L A T P A Q K S E Q A K Q L I T S J S
D E E H I J D Z D M J M Q B B T L N K O J P I D
L O D Q L M I N K Y E T F I C M J L R E O P W T
V P M K A J P U R R V R U W K O X Y E L D S R M
D F I D I J E M K Y A Z T D R I W M A N K C I E
B O N O P K O G I Q G Q M X S I O L M R G M E N
E J D H F A T T E X G D Y C V I V O X S D E F X
D P S W A Q R G Q I I R P A C N P U V U A I P I
M T E Z F W J A J W T S O A B D X Q B N G Q L K
W V T B E Y S I P F Y S Z W R I B P E V X Y Y I
N N D I X W R W C E G W Q E T D L C L L I H M A
H L Y X M U I D K G R E Q B E H Q I N Q H D U M
Q N S B S H B Z D P G S S I U H M E T T D O Y U
S F Y K F H V C J C W V I E D H R I I I O U S S
W E V I E M U Y V Z U U S S S W W A N S E Z Q E
V A C O E P W E O N B Q Z G T Q G V P D O S L F
C W E M F K F E E D B A C K Y E U I Z H S Y X F
S Q T I O C U I S H Y R P W W U N H H K X E W O
I F X C T P O T E N T I A L Z V W C U B S A T R
I T O T J K N A P D S I E Q F L O Y E H V Z I T
R Z V W Z Z I E S E J J Z M A L P F F X M U F X
M H Q B W I T N E U R O P L A S T I C I T Y Q Q

Growth Mindset

Fixed Mindset

Yet

Potential

Persistence

Neuroplasticity

Feedback

Effort

Challenge

Abilities

Understanding Growth vs. Fixed Mindset

Across

3. A task or situation that stretches your current abilities and requires you to learn new skills or strategies.

4. The hard work and energy you put into learning and improving, which is more important than natural talent for achieving success.

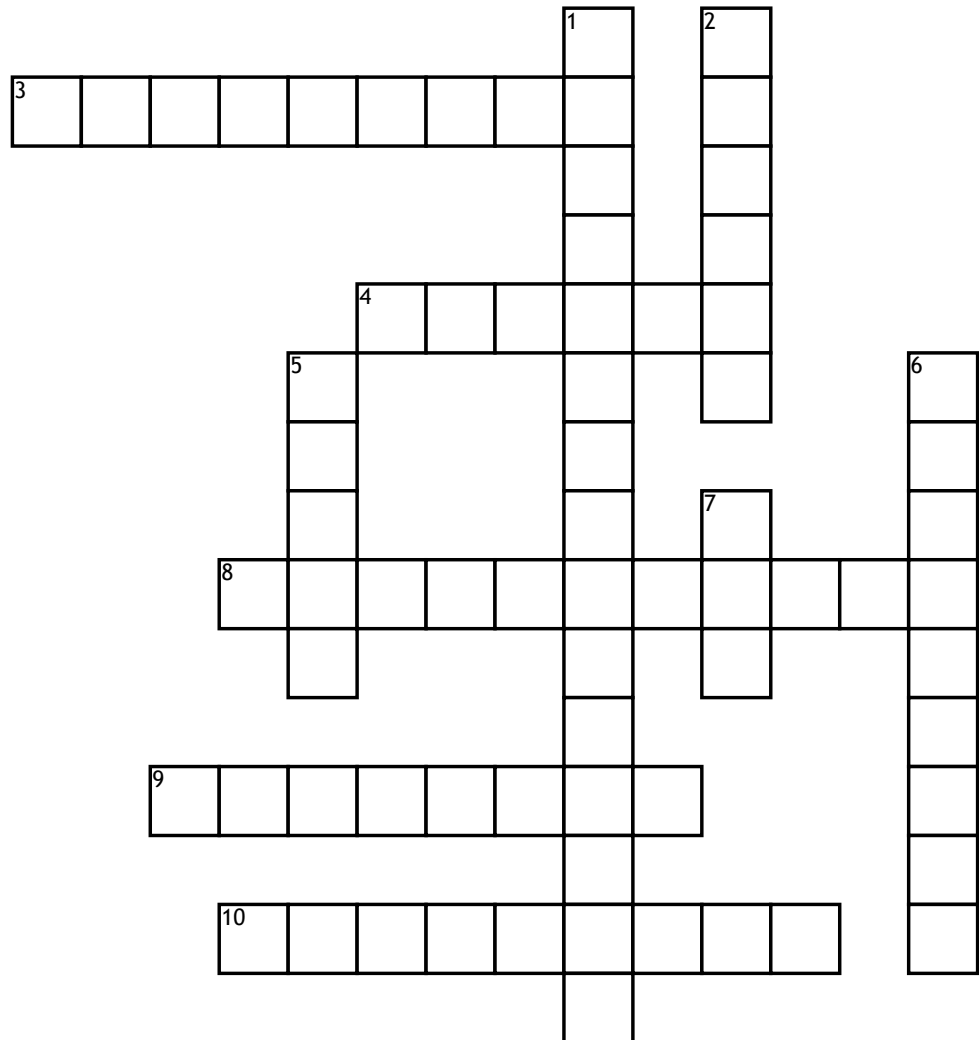
8. The ability to keep trying and working hard even when tasks become difficult or you face setbacks.

9. Information and suggestions from others that help you understand how to improve your performance or work.

10. Skills and talents that can be developed through practice and effort rather than being fixed at birth.

Down

1. The brain's ability to form new connections and pathways when you learn something new or practice a skill.



2. The belief that your abilities, intelligence, and talents can develop through hard work, smart strategies, and learning from others. ____ Mindset

5. The belief that your intelligence and talents are set traits that cannot change much throughout your life. ____ Mindset

6. Your capacity for growth and improvement, which is not limited by your current skill level or abilities.

7. A powerful word that transforms negative self-talk into a growth-oriented statement by acknowledging current limitations while opening the door to future improvement.