



*CATCH a Winning Mindset*

**GROWTH or FIXED?**

Does Mindset make a difference?



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# What are we talking about?

**Mindset: Growth vs. Fixed**

**How mindset challenges our students**

**Am I Smart Enough?**

**Do I Belong?**

**Why Do I feel Helpless?**

**How ICATCH supports growth mindset**



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**AM I SMART ENOUGH?**

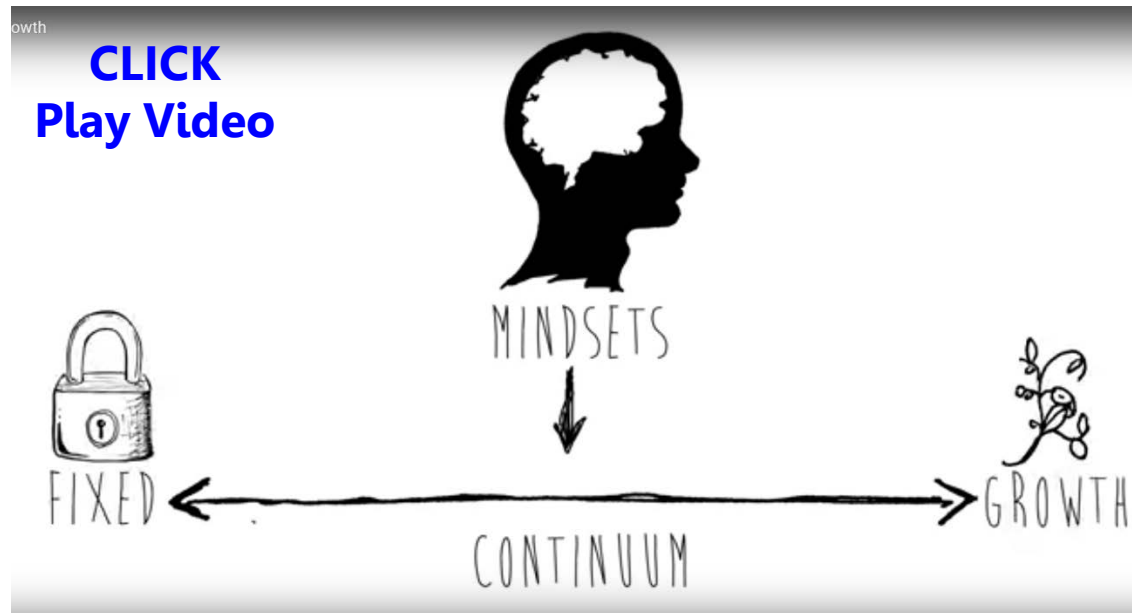


# MINDSET

## Fixed vs Growth

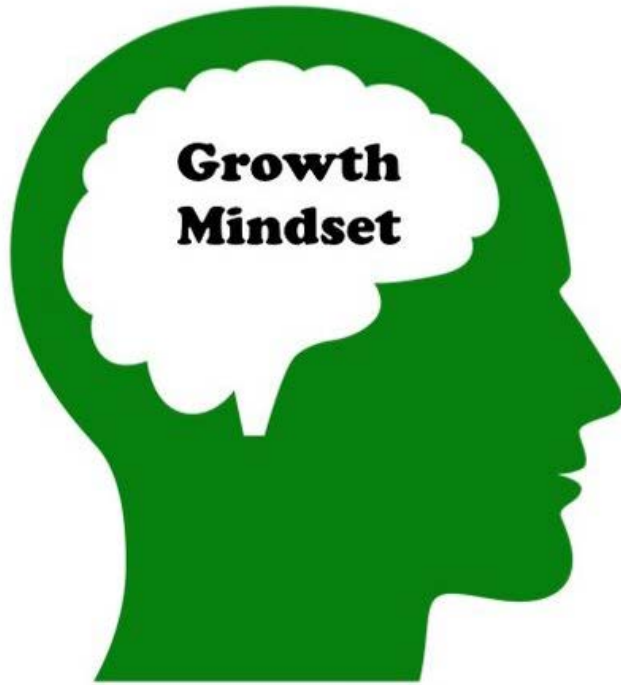
The belief that intelligence is a fixed quality that can't be improved through practice or study

Carol Dweck



Carol Dweck, *Mindset: The New Psychology of Success* (New York : Random House), ©2006.  
John Spencer, Video- "Mindsets: Fixed Versus Growth" YouTube spencervideos channel

# What Kind of Mindset Do You Have?



I can learn anything I want to.  
When I'm frustrated, I persevere.  
I want to challenge myself.  
When I fail, I learn.  
Tell me I try hard.  
If you succeed, I'm inspired.  
My effort and attitude determine everything.



I'm either good at it, or I'm not.  
When I'm frustrated, I give up.  
I don't like to be challenged.  
When I fail, I'm no good.  
Tell me I'm smart.  
If you succeed, I feel threatened.  
My abilities determine everything.

## MINDSET: Fixed vs Growth

While you watch the video explore where you feel each mindset shows up.



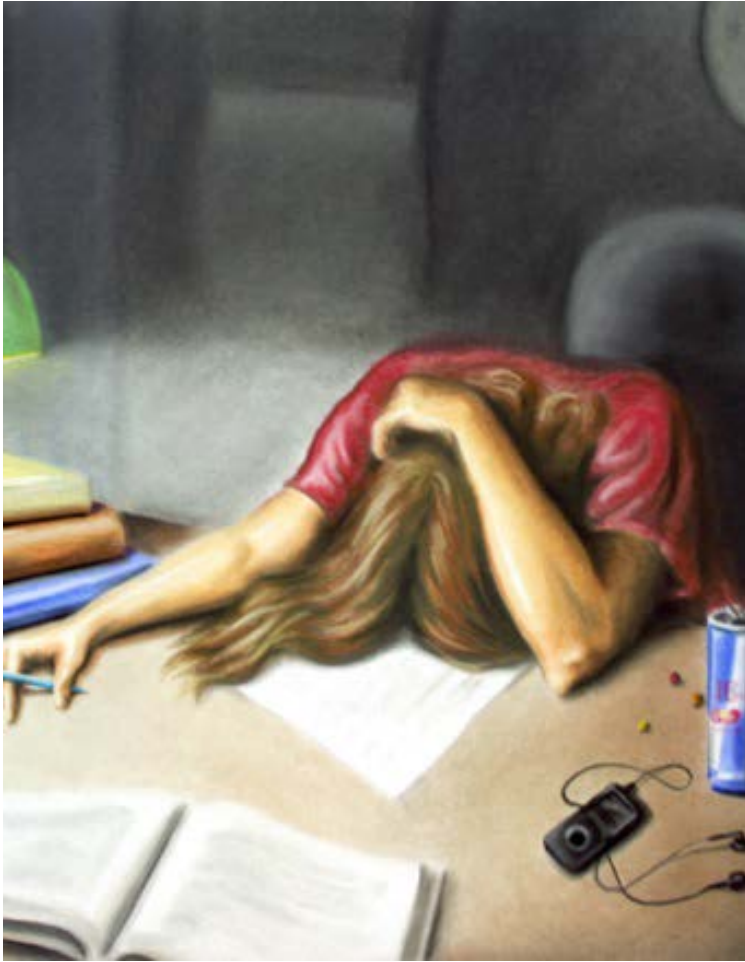
After the video is complete, discuss with those at your table what you found.

**How does the future change depending on the mindsets we choose to adopt?**

**DO I BELONG?**



## *CATCH a Winning Mindset*



“Few at-risk students quit because they lack ability. Many believe they are not good enough or belong in school.”

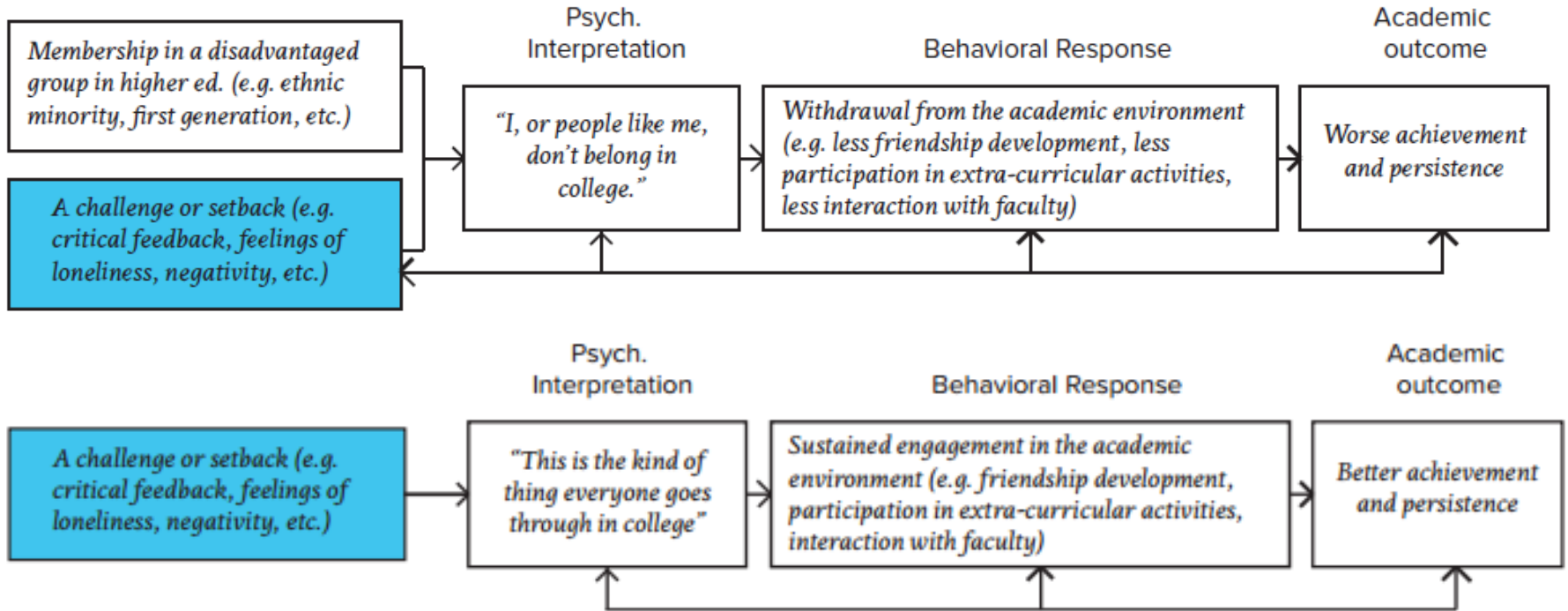
**DAVID YEAGER, UNIVERSITY OF TEXAS**



Bill McCullough, Vanessa Brewer “Who Gets to Graduate?”, New York Times, May 15, 2014



# DO I BELONG?



**DAVID YEAGER, UNIVERSITY OF TEXAS**

# Why do I feel helpless?



Doubts



Why should I?



Crap happens



# WHAT CAN WE DO?





# Three Keys for a Growth Mindset



High Expectations

Community Building

Collaborative Technology

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# High Expectations

*You are amazing*

**YOU CAN SUCCEED**

**IT'S REAL...IT'S POSSIBLE**

**YOUR GOAL:**

**A MEANINGFUL CAREER**



# *CATCH a Winning Mindset*



## YOU CAN SUCCEED

Strength Based

Everyone has challenges

Believe in yourself

# *CATCH a Winning Mindset*



**IT'S REAL  
IT'S POSSIBLE**

Others have done it

Bring graduates into success course

Share success stories





## **A MEANINGFUL HEALTHCARE CAREER**

You make a difference

Excellence in Patient Care

Career Pathways

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# High Expectations

**WHAT DO YOU DO IN YOUR HPOG PROGRAM  
TO SHOW PARTICIPANTS  
THEY ARE AMAZING?**

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# Build Community

*You Belong*

**BUILD TRUST**

**STUDENT CENTERED**

**USE CRISIS TO TEACH**



**BUILD  
COMMUNITY**



*You  
Belong*

**BUILD TRUST**

Make connection

Honest communication

Barrier focused

Healthcare is teamwork

BUILD  
COMMUNITY



*You  
Belong*

## STUDENT CENTERED

It is “all about the student”

No student is “kicked out” *almost*

Safe and supportive environment



## **USE CRISIS TO TEACH**

Critical thinking- seek to understand

Use team resources

Plan for future challenges

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# Build Community

**HOW DO YOU SHOW YOUR PARTICIPANTS  
THEY BELONG?**

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# Collaborative Technology

*Together We Can!*

**PROACTIVE ADVISING**

**COURSE DESIGN**

**INNOVATIVE USE OF BROADBAND**





## Collaborative Technology



*Together  
We Can!*

## PROACTIVE ADVISING

Early Alert Systems

Partnership: faculty/support staff

Allow them to fail...

We learn from our failures

## Collaborative Technology



*Together  
We Can!*

## COURSE DESIGN

Online Classes

Hybrid Classes

Keep in context of career

## Collaborative Technology



*Together  
We Can!*

## INNOVATIVE USE OF BROADBAND

Internet is a utility

Teach computer literacy

Use it!

## *CATCH a Winning Mindset*

*You  
are  
amazing*

*You  
Belong*

*Together  
We Can!*

“We don’t prevent bad things. Instead, we try to change the meaning of them so that they don’t mean to the student that things are never going to get better.”

**DAVID YEAGER, UNIVERSITY OF TEXAS**



Bill McCullough, Vanessa Brewer “Who Gets to Graduate?”, New York Times, May 15, 2014



## *CATCH a Winning Mindset*



“Ultimately a person has within themselves some kind of capital, some kind of asset, like knowledge or confidence. And if we can help bring that out, they then carry that asset with them to the next difficulty in life.”

**DAVID YEAGER, UNIVERSITY OF TEXAS**



Bill McCullough, Vanessa Brewer “Who Gets to Graduate?”, New York Times, May 15, 2014



## *CATCH a Winning Mindset*



# **THIS IS YOUR CHALLENGE**

**They are awesome-** *barriers happen to all, teach crisis management*

**They belong-** *Don't leave them alone, foster networking*

*Show a career pathway ahead, share successes*

**Together we matter-** *excellent patient care transforms lives*



# It's Your Turn

Are there additional components of your program that work to address these barriers?

# Would you like to know more?

[Bill McCullough, Vanessa Brewer “Who Gets to Graduate?”,  
New York Times, May 15, 2014](#)

[Carol Dweck, “Developing a Growth Mindset”  
YouTube video, Stanford Alumni channel, Oct 2014](#)

[Deena Anreise, “Top 7 TED Talks to Develop Your Growth Mindset  
and Double Your Productivity” Business2Community, Dec. 2016](#)

[Angela Lee Duckworth, “Grit: The Power of Passion and  
Perseverance”, TED Talks Education, TED.com](#)

