

# Growth Mindset

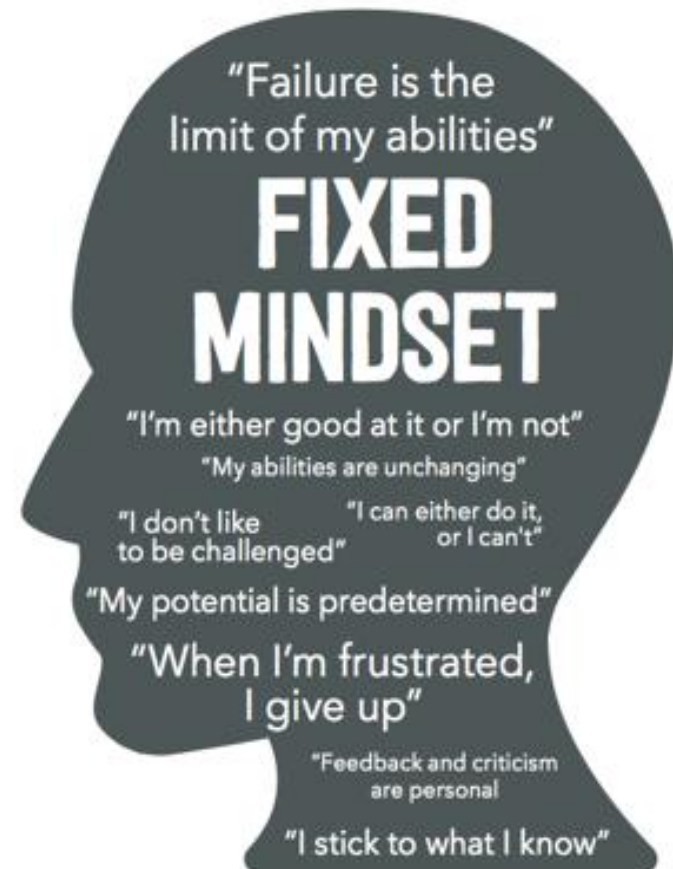
Peer Share Call

July 13, 2017





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- Intelligence is developed – like a muscle
- Help mentee see mistakes as opportunities
- Challenges are an opportunity to learn
- Be open to learning new things
- Make “yet” statements
- Encourage questions
- Try new ideas

# Strategy Box Activity



<p><b>Can play the piano</b></p> <ol style="list-style-type: none"><li>1. Took lessons every week</li><li>2. Bought books on learning to read music</li><li>3. Reminded myself to practice by giving myself rewards</li><li>4. Parents made sure I put in the work</li><li>5. Always had a passion for music</li></ol>	<p><b>Know how to cook</b></p> <ol style="list-style-type: none"><li>1. Mom taught me at an early age</li><li>2. Tried many bad recipes and burned a lot of meals</li><li>3. Took cooking classes in 2005</li><li>4. Found website and message board and learned from other cooks</li><li>5. Not afraid of salt</li></ol>
<p><b>Have a good career</b></p> <ul style="list-style-type: none"><li>• Researched nursing careers online</li><li>• Talked to friends of older sister who were thinking about medical careers</li><li>• Selected good nursing school</li><li>• My mentor, Sheila at the Med Center</li><li>• Keep up to date on research and trends in field</li></ul>	<p><b>Not organized financially</b></p> <ul style="list-style-type: none"><li>• Buy books on personal finance (<i>from piano example</i>)</li><li>• Look into classes I could take on money management/investing (<i>from cooking example</i>)</li><li>• Look for reputable online message boards with advice (<i>cooking</i>)</li><li>• Ask friends about their strategies (<i>career example</i>)</li><li>• Set a goal around savings (<i>career</i>)</li><li>• Also set a reward if I make my goal! (<i>piano</i>)</li></ul>



Strategy Box for insert new challenge or learning goal



<p><b>Something I learned or succeeded at:</b></p> <p><b>Strategies I used:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<p><b>Something I learned or succeeded at:</b></p> <p><b>Strategies I used:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<p><b>Something I learned or succeeded at:</b></p> <p><b>Strategies I used:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<p><b>My new learning challenge:</b></p> <p><b>Strategies to borrow from other boxes:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>

# #MINDSET MONDAY



## TeamMates Mentoring Program

July 3 at 9:32am · ✨

#MindsetMonday <http://blog.mindsetworks.com/.../the-power-of-mindset-a-stude...>



### The Power of Mindset: A Student Perspective

Does what you think about yourself really matter? If you had asked me that question about two years ago, my response would likely have been: "no, not really." But after two years of going from the negative and stressed-out teenage girl I was my...

[BLOG.MINDSETWORKS.COM](http://BLOG.MINDSETWORKS.COM)



## TeamMates Mentoring Program

Yesterday at 8:41am · ✨

Happy #MindsetMonday!



# RESOURCES



WHY MENTORING

GET INVOLVED

PROGRAM RESOURCES

OUR WORK

NEWS

## GROWTH MINDSET TOOLKIT

ACCESS TOOLKIT



# Try it

- Make a “yet” statement
- Take away
- **You can learn anything!**

**AUGUST 10, 2017 PEER SHARE**

**Common Youth Outcomes Survey  
IDPH Prevention Grants**