Language Tracking Worksheet Instructions

Learning to identify fixed and growth mindset language is an important step in cultivating a growth mindset. This worksheet for tracking growth and fixed mindset language that you hear throughout the week provides an opportunity to actively practice identifying each and can expose points of confusion. Below are some suggestions for how you might want to use it with teachers working in professional learning teams or with middle and high school students.

**Suggested Uses:**

**For Use with Teacher Teams:**
- Discuss what participants noticed, any surprises, and/or any that they found confusing. Discuss and clarify what makes a statement fixed or growth.
- Review each other’s sheets and see if there’s disagreement about categorizations.
- Use the fixed mindset statements that were most challenging to practice role playing how to respond in a growth mindset way.

**For Use with Students:**
- Have students work in groups of 3 or 4 to review each other’s logs and discuss what they noticed, what was surprising, and any statements that they were unsure about.
- Have each group pick their top 4 fixed and growth mindset statements and write them on chart paper.
- Have each group share their lists with the larger group.
- Synthesize the lists to make one list that can remain up in the class as a reminder. You may want to use fixed and growth mindset statements to create the opposite of each. For example, “I got it wrong. I’m dumb.” could be paired with “I got it wrong. Maybe I need to try a new strategy.”

**Example of what a filled out sheet might look like:**

<table>
<thead>
<tr>
<th>Who spoke to whom</th>
<th>What was said?</th>
<th>Notes or comments</th>
<th>Fixed, Growth, or Unsure?</th>
</tr>
</thead>
<tbody>
<tr>
<td>S -&gt; M</td>
<td>I can’t do this. I’m too dumb.</td>
<td>I helped them identify what they had learned so far and how our brain grows smarter with practice and good strategies.</td>
<td>F</td>
</tr>
<tr>
<td>T -&gt; T</td>
<td>Some of these kids are real winners (sarcastic tone)</td>
<td>I wasn’t sure how to respond… get feedback.</td>
<td>F</td>
</tr>
</tbody>
</table>

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