

ExCEL SOCIAL EMOTIONAL LEARNING (SEL) GUIDANCE



MINDSET #1: GROWTH

- Effort Equals Increased Intelligence and Ability
- Persist Even with Setbacks
- Believe in Continued Growth



MINDSET #2: SELF-EFFICACY

- Believe in Success
- Goals are Attainable
- Must See a Clear Path to Reach Goal



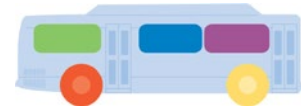
MINDSET #3: SOCIAL AWARENESS

- Feeling of Belonging to the Learning Community
- Connect Learning with Social Rewards
- Belonging Equals Engagement, Which Leads to Pushing Their Potential



MINDSET #4: SELF-MANAGEMENT

- Setting plans and working towards goals
- Overcoming obstacles
- Regulating emotions
- Advocating for oneself



SOCIAL EMOTIONAL LEARNING GUIDANCE, CONTINUED

TWO MINDSETS

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Graphic by
Nigel Holmes

Fixed Mindset
Intelligence is static



Leads to a desire
to look smart
and therefore a
tendency to...

Growth Mindset
Intelligence can be developed



Leads to a desire
to learn and
therefore a
tendency to...

CHALLENGES

...avoid
challenges



...embrace
challenges



OBSTACLES

...give up
easily



...persist in the
face of setbacks



EFFORT

...see effort as
fruitless or worse



...see effort as
the path to mastery



CRITICISM

...ignore useful
negative feedback



...learn from
criticism



SUCCESS OF OTHERS

...feel threatened
by the success
of others



...find lessons and
inspiration in the
success of others



As a result, they may plateau early
and achieve less than their full potential.

All this confirms a **deterministic view of the world.**

As a result, they reach ever-higher levels of achievement.

All this gives them a **greater sense of free will.**