



Virginia Mason™

**How To Be An Effective Learner  
Learning with a Growth Mindset**

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**Introduction**

**Growth Mindset**

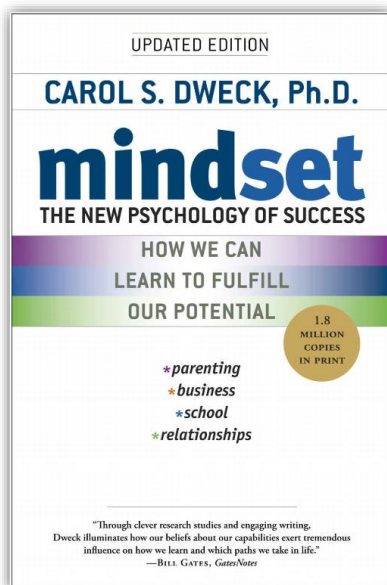
**The Science of Learning**

# Mindset

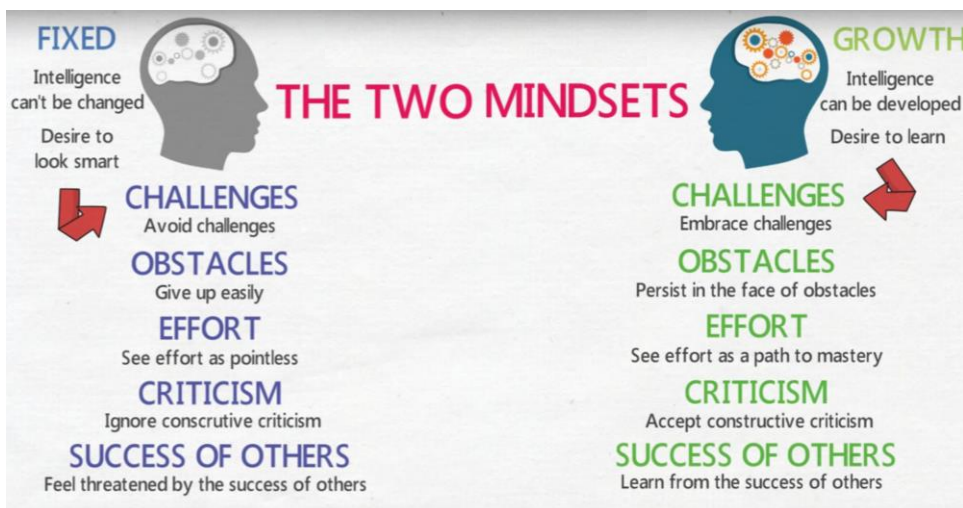


An implicit or explicit system of belief about yourself and others.

# Mindset



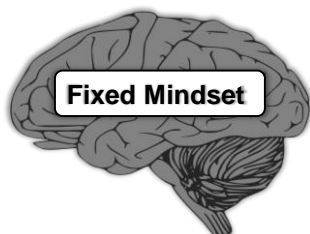
# Growth Mindset



**Your relationship to failure?**

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# Growth Mindset



**I'm Proving.**  
Focus on looking smart.  
Performing better than others.  
Your failures are tragedies.  
Critical Feedback = Failure.  
Fixed mindset is a thief.  
Be Good Mindset.  
Entity Theory.



**Improving.**  
Focus on learning.  
Performing better than before.  
Your failures are your teachers.  
Failure = Critical Feedback.  
Growth mindset is a garden.  
Get Better Mindset.  
Incremental Theory.

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**To learn more about Growth  
Mindset, and the science of  
learning, please come to my  
workshop!**

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