

## Carol Dweck's Mindset Theory

- Fixed versus Growth
- The power of “yet”
- Changing our self-talk
- The effort effect
- Persist in the face of failure - to succeed

## Self Determination Theory

<p style="text-align: center;"><b>Autonomy</b></p> <p style="text-align: center;">A sense of control or freedom in decision making</p>	<p style="text-align: center;"><b>Competence</b></p> <p style="text-align: center;">A sense of self-efficacy or confidence in one's ability to contribute</p>	<p style="text-align: center;"><b>Relatedness</b></p> <p style="text-align: center;">A sense of connection to others</p>
<ul style="list-style-type: none"> <li>• Affirm human dignity</li> <li>• Use person-centered language</li> <li>• Self-advocate</li> <li>• Set own goals</li> <li>• Set own tasks</li> </ul>	<ul style="list-style-type: none"> <li>• Value contributions</li> <li>• Share actionable feedback</li> <li>• Self-assess</li> <li>• Time to develop skills</li> <li>• Opportunities to build confidence</li> </ul>	<ul style="list-style-type: none"> <li>• Develop rapport</li> <li>• Create a common framework for collaborating</li> <li>• Establish a personal support network</li> </ul>

## Adult Learners . . .

1. need to know **why** they should learn something.
2. have a deep need to be **self-directing**.
3. bring **valuable experiences** and life lessons.
4. are motivated when they experience “**a need to know.**”
5. approach learning **task centered** or life centered.
6. are motivated **intrinsically and extrinsically**.