



# **I Failed, Now What? How to Change the Way Your Students Think About Failure**

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# I Failed, Now What? How to Change the Way Your Students Think About Failure.

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**Clinic Description:** Failure is inevitable in our field; students are constantly learning, making mistakes, and trying again. Bishop will explain how to apply growth mindset strategies to a band classroom and show how it can dramatically change the success of your students and program. When you take away the fear of failing, anything is possible.

## What is Growth vs. Fixed Mindset?

### Fixed Mindset

The belief that you are born with a certain amount of intelligence or potential and that it can't change.

- **Fixed Mindset:** Failure has been transformed from an action (I failed) to an identity (I am a failure.)

### Growth Mindset

The belief that we can work hard, ask for help and try a different strategy to increase our intelligence and potential.

- **Growth Mindset:** Failure is a problem to be faced, dealt with, and learned from.

### Did you know...

That your mindset can change and develop. If you don't like where you are right now, it's totally fine.

- *You can change it!*

#### Fixed Mindset

Intelligence is static  
Challenges ... avoid  
Obstacles ... give up  
Effort ... no point  
Criticism ... deflect  
Success of others ... feels threatened

#### Fixed Mindset Statements:

I'm not good at this.  
I'm awesome at rhythm.  
I made a mistake.  
I give up.

#### Growth Mindset

Intelligence is developing  
Challenges ... embraces  
Obstacles ... push through  
Effort ... works hard  
Criticism ... learns  
Success of others ... celebrates

#### Growth Mindset Statements:

There is always room for improvement.  
Is this really my best work?  
I'm on the right track.  
What am I missing?

*(Growth Mindset ideas based on the writings and books by Carol Dweck)*

## Video Resources:

Carol Dweck, "Developing a Growth Mindset" (9:37) <https://www.youtube.com/watch?v=hiiEeMN7vbQ>

Growth Mindset vs. Fixed Mindset (5:04) [https://www.youtube.com/watch?v=KUWn\\_TJTrnU](https://www.youtube.com/watch?v=KUWn_TJTrnU)

Growth Mindset Animation (3:51) <https://www.youtube.com/watch?v=-ogghnxBmY>

# How do we apply this to BAND?

## Praise *effort*. Not *talent*!

**Don't say:**

"You are an amazing musician!"

**Instead say:**

"You obviously worked very hard to learn the skills it takes to play like this!"

**Don't say:**

"You are so talented!"

**Instead say:**

"You have worked so hard and your hard work is showing up in your performance!"

*Saying someone is talented when they play well, sends the message to some that they then must be bad or untalented when they can't play something. They begin to attribute their success to their natural talent (which we don't control) instead of on their effort (which we do control.)*

## Teach kids about their brains!

Most of us teach our kids about how our body works to play an instrument, but we rarely teach about how our brains work.

Ask them how babies first learn to talk. Are they born with this ability? No. They listen to others talk, they mimic sounds (practice) and they keep doing this until their sounds become words.

Ask your students, "Do you think people are born smart?" No! "Then how do people become smart?" They put in the practice. "So, can anyone become smart?" Yes! If you are willing to put in the work.

## The Power of the word, Yet!

Adding this small word at the end of students' statements can begin to change their mindsets from fixed to growth. YET is about possibility. You can't do it yet is both true and hopeful. It is about where you are in life and also where you CAN be. You can add this simple three letter word to any sentence to change your mindset.

**Student says:**

"I'm not good at reading music!"

**You say:**

"Yet"

**Student says:**

"I don't like counting rhythms!"

**You say:**

"Not yet."

*This small word leaves the window open for change. **YET = HOPE***

*(Information and resources provided by Pearland JH West "Mindset Mondays" Lessons and Pearland ISD Grit and Growth Mindset Curriculum)*

# Teach Goal Setting!

One of the most valuable skills we can teach our students, is goal setting. Setting personal and group goals helps students track achievements and focus their actions in a specific direction. It offers regular progress checks and can develop intrinsic motivation. However, goals must be specific to be effective.

## Have SMART Goals:

**Specific** – What exactly are you trying to achieve?

**Measurable** – How will you know if you achieved it?

**Achievable** – Can the objective be reached in the time frame?

**Relevant** – Does this help what I'm trying to do?

**Time-bound** – Can you set a specific deadline?

## Goal Examples:

### Non-Smart Goal:

"I want to learn all of my Region Music."

### Smart Goal:

"I want to be able to play straight through the first two lines of my fast etude by next week with all correct notes and rhythms."

### Non-Smart Goal:

"I want to pass-off all of my UIL music."

### Smart Goal:

"I want to perform my last three UIL pass-off sections at a '90 or higher grade' by next week's sectional."

Making our students be specific about their goals helps them take ownership of their successes and failures. Did you achieve your goal? Why or why not? What can you do differently next time to reach your goal?

If your goal is "I want to learn all of my Region Music.", what will you think a week from now when you can't play all of it yet? "I must not be good enough." Or "I'm not going to make Region Band."

Instead, if you set the goal specifically about learning the first two lines, a week from now you can evaluate your progress. Did you reach your goal? If not, was it because you played video games instead of practicing? Next week, how might you change your actions so you can obtain your goal?

*(Resourced from the Pearland ISD Educational Foundation Grant Writing Guidelines and Adapted from [https://www.cdc.gov/phcommunities/resourcekit/evaluate/smart\\_objectives.html](https://www.cdc.gov/phcommunities/resourcekit/evaluate/smart_objectives.html))*

## Famous Quotes:

"The man who thinks he can and the man who thinks he can't are both right. Which one are you?" -Henry Ford

"Failure is simply the opportunity to begin again, this time more intelligently." -Henry Ford

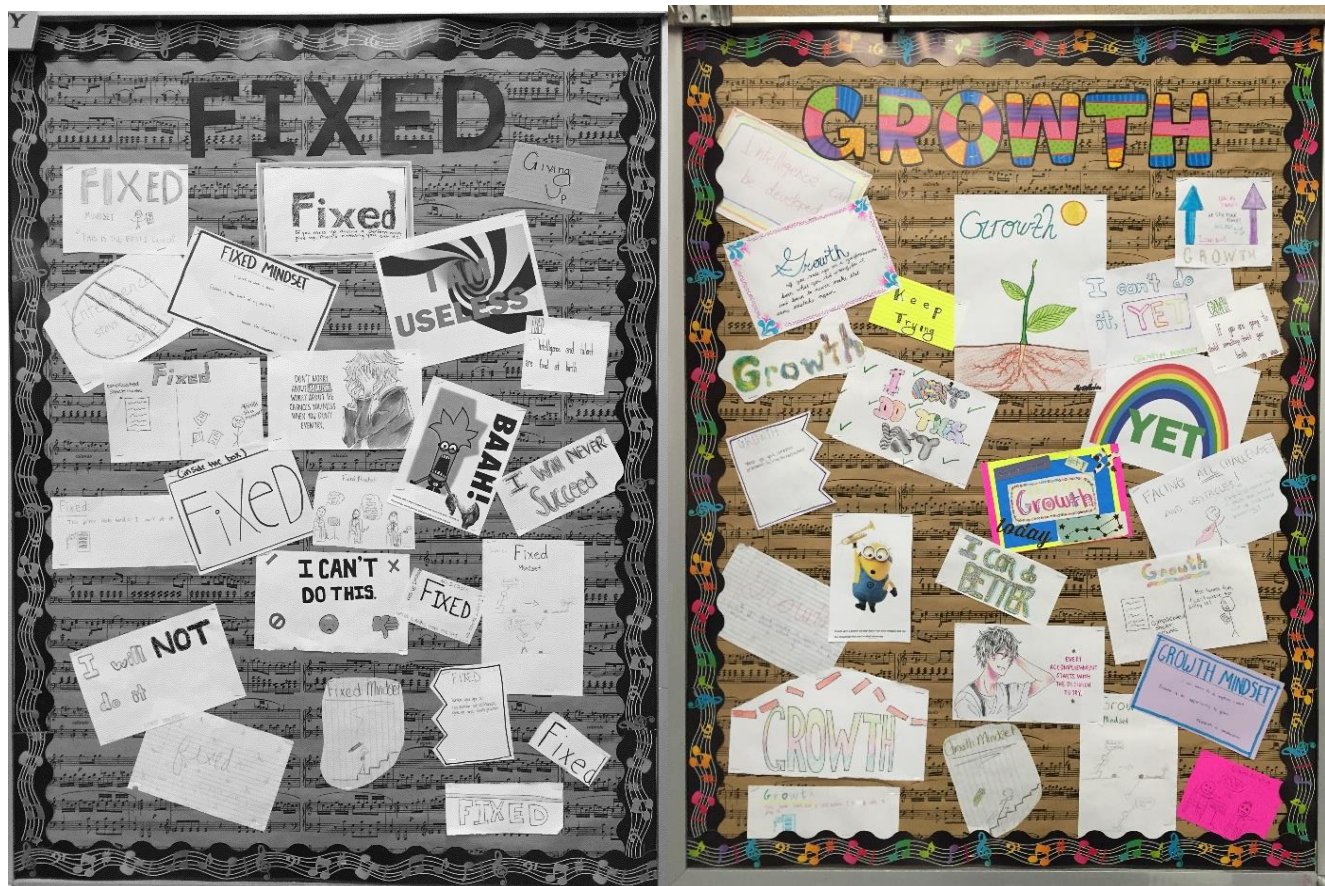
"Success is 99% failure." -Henry Ford

"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something." -Helen Keller

"Change your thoughts and you change your world." – Norman Vincent Peale

## Pearland JH West Band Bulletin Board Project 2016 - 2017:

At the beginning of the year, I discussed the difference between Fixed and Growth Mindsets and how these mindsets apply to learning music. Students were given the assignment to create examples of what these mindsets meant to them. I posted some examples of their work on our band bulletin boards for the entire year.



### Motivational Videos:

Fail to Succeed – Michael Jordan (2:22) <https://www.youtube.com/watch?v=Pscbwh9iKv0>

Famous Failures (2:54) <https://www.youtube.com/watch?v=zLYECIjmnQs>

Maybe It's My Fault, or Maybe You're Just Making Excuses (1:02) <https://www.youtube.com/watch?v=PH8nTfxwByY>

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*The Pearland JH West Band Directors and Private Lesson Staff! Thank you for helping me grow our students!*

*All of the Pearland ISD Teachers and Staff for making Pearland a great place to teach and learn!*

**For a copy of anything you see today or questions, please email me at [BishopM@pearlandisd.org](mailto:BishopM@pearlandisd.org)**