

# Pediatric Residency Program

## Monthly Newsletter



SEPTEMBER 2021



### GROWTH MINDSET

Mindset can have a profound influence on the learning environment, skill acquisition, response to mistakes and success in learning. Growth mindset is the idea that intelligence and abilities can be developed through hard work, perseverance and coaching. Fixed mindset is the idea that intelligence and abilities are innate, something individuals are born with and cannot be altered over time. This idea has been discussed by Carol Dweck, in particular regarding learning in schools.

Our mindsets affect:

- How we approach challenges/struggle
- How we view mistakes
- The words we choose when speaking of ourselves or to our trainees
- Our willingness to self reflect, self assess and accept our imperfections
- Openness to coaching
- Our goals and motivations

We can promote a growth mindset by:

- Learning about growth mindset and assessing it in ourselves and learners
- Praise and coach about process and effort not traits
- Encouraging learners to reflect on performance and set learning goals

**If you are interested in learning more about growth mindset check out the following:**

1. An introduction: <https://www.youtube.com/watch?app=desktop&v=75GFzikhRY0>
2. Ted Talk: [https://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve?utm\\_campaign=tedspread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare)
3. If you missed Grand Rounds on Sept 8 check it out.

#### **REMINDER:**

Residents are now required to obtain 6 EPA forms per 4 week block plus 12 procedure forms per academic year.

#### **Contact Information:**

**Co-Program Directors:** Dr. Sarah Manos 470-6838 / Dr. Robyn McLaughlin 470-3755 [pedspd@iwk.nshealth.ca](mailto:pedspd@iwk.nshealth.ca)  
**Assistant Program Director/Competence Committee Chair:** Dr. Beth Cummings 470-6955 [eacummin@dal.ca](mailto:eacummin@dal.ca)  
**Program Coordinator:** Alicia MacDonald 470-8119 [alicia.macdonald@iwk.nshealth.ca](mailto:alicia.macdonald@iwk.nshealth.ca)