



Growth Mindset


Identity & Perspective, Module 1




AGENDA




1. Individually, complete the mindset survey and count the number of points you scored.



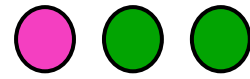
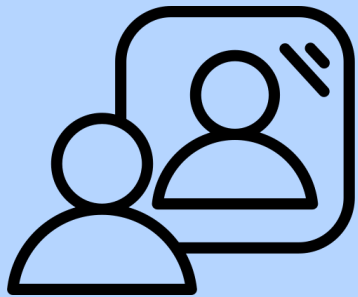
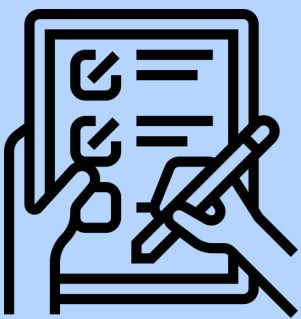
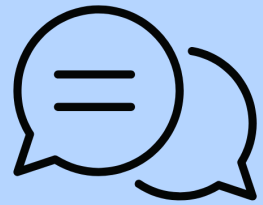
2. Brainstorm what you think a growth mindset is.



3. Independently read each scenario provided and answer the questions that follow.



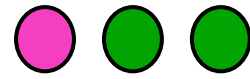
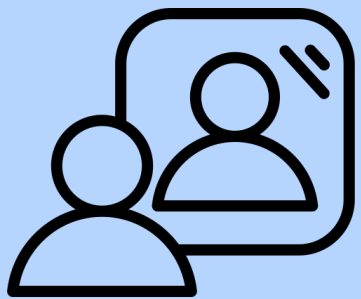
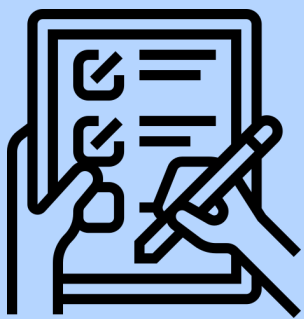
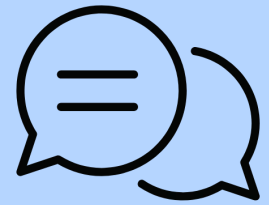
4. Describe an area of weakness for you, how can you use a growth mindset to overcome it.



BRAINSTORM



Brainstorm what you think a growth mindset is. Then, complete the mindset survey.

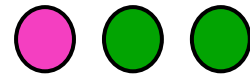
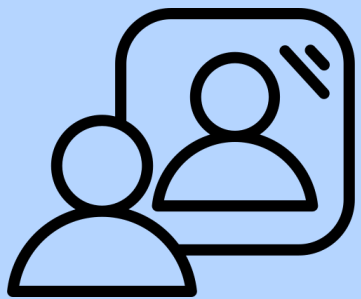
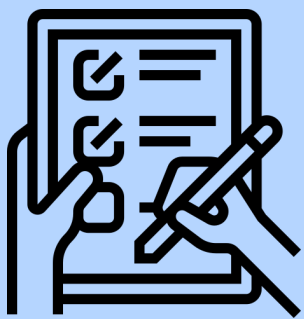
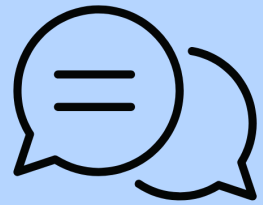


DISCUSS



Discuss the results of the mindset survey.





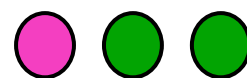
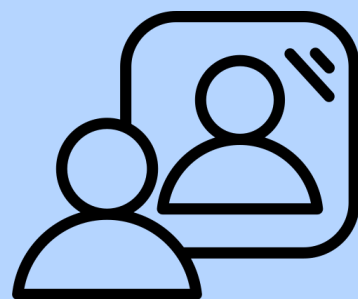
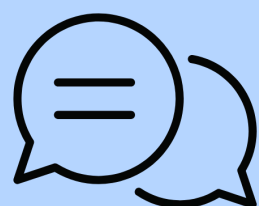
DIVE IN



The concept of growth and fixed mindsets was developed by a psychologist named Carol Dweck.

Growth Mindset is believing that we can develop skills and qualities through hard work and effort. When we have a growth mindset, we believe that failure and challenge are opportunities to learn. Note: Those of you who scored above a 5 probably have a growth mindset - and that's great news!


A fixed mindset is believing that we inherit our intelligence and abilities and there's nothing we can do to change how smart, creative, or athletic we are. People who have a fixed mindset believe that they can't improve their weaknesses. Note: Those of you who got a score of 5 or less may have a fixed mindset. But the good news is that you can change your mindset!



ACTIVITY



- Independently read each scenario provided and answer the questions that follow.
- Reflect on your understanding of a growth mindset and identify some of your weaknesses.

 **High School**

Worksheet

Name: _____ Date: _____

Growth Mindset

Put a check next to the statements you think are true.

☐ If you're good at something it means you were born that way. (1 point)

☐ Practice will help you improve at something.(2 points)

☐ If something is hard for you, chances are it will always be hard for you. (1 point)

☐ Your attitude toward learning impacts whether you can improve or not. (2 points)

☐ Failing at something is a sign you should stop trying. (1 point)

☐ You can learn anything if you work hard at it. (2 points)

☐ You should avoid areas where you are weak and focus on your strengths. (1 point)

☐ Mistakes and failure help you learn and improve. (2 points)

☐ Hard things are not enjoyable. (1 point)

☐ I enjoy things that are challenging for me. (2 points)

Total points: _____

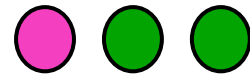
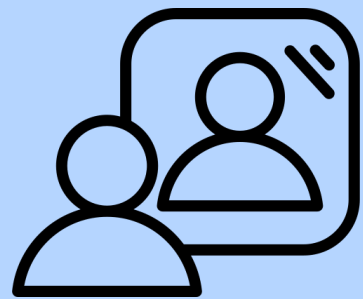
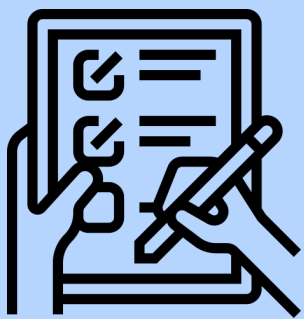
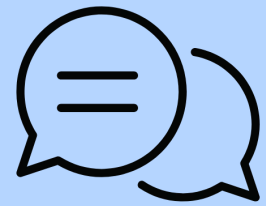
Scenario 1: Miguel loves music. He is always humming a song to himself, writing lyrics, or making up songs. Miguel never lets anyone else hear him sing. In chorus, he avoids performing whenever possible and stands in the back of the classroom. One day, the drama teacher approaches him and asks him to try out for the lead role in the school musical. He doesn't think he should do it because others might not think he is good.

→ Does Miguel have a fixed or growth mindset? How can Miguel approach this opportunity with a growth mindset?

Scenario 2: Julia has always felt that writing is an area of weakness even though she enjoys reading and has lots of great ideas for stories. Her English teacher has just given the class an assignment where they have to write a narrative about a time in their life when they faced a

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17



REFLECT




Describe an area of weakness for you, how can you use a growth mindset to overcome it.



Home Connection



Provide students with a copy of the Home Connection letter or email a copy to students' families.



Home Connection

Growth Mindset

Dear _____,

Today in class, we discussed the concept of growth and fixed mindsets. A **growth mindset** believes we can develop skills and qualities through hard work and effort. While a **fixed mindset** is believing that we inherit our intelligence and abilities, there's nothing we can do to change how smart, creative, or athletic we are.

Please encourage your student to share the mindset survey with family members and help them identify their mindset. You can also share the family resources from Mindset Works: <https://www.mindsetworks.com/parents/growth-mindset-parenting> to help instill a growth mindset at home.

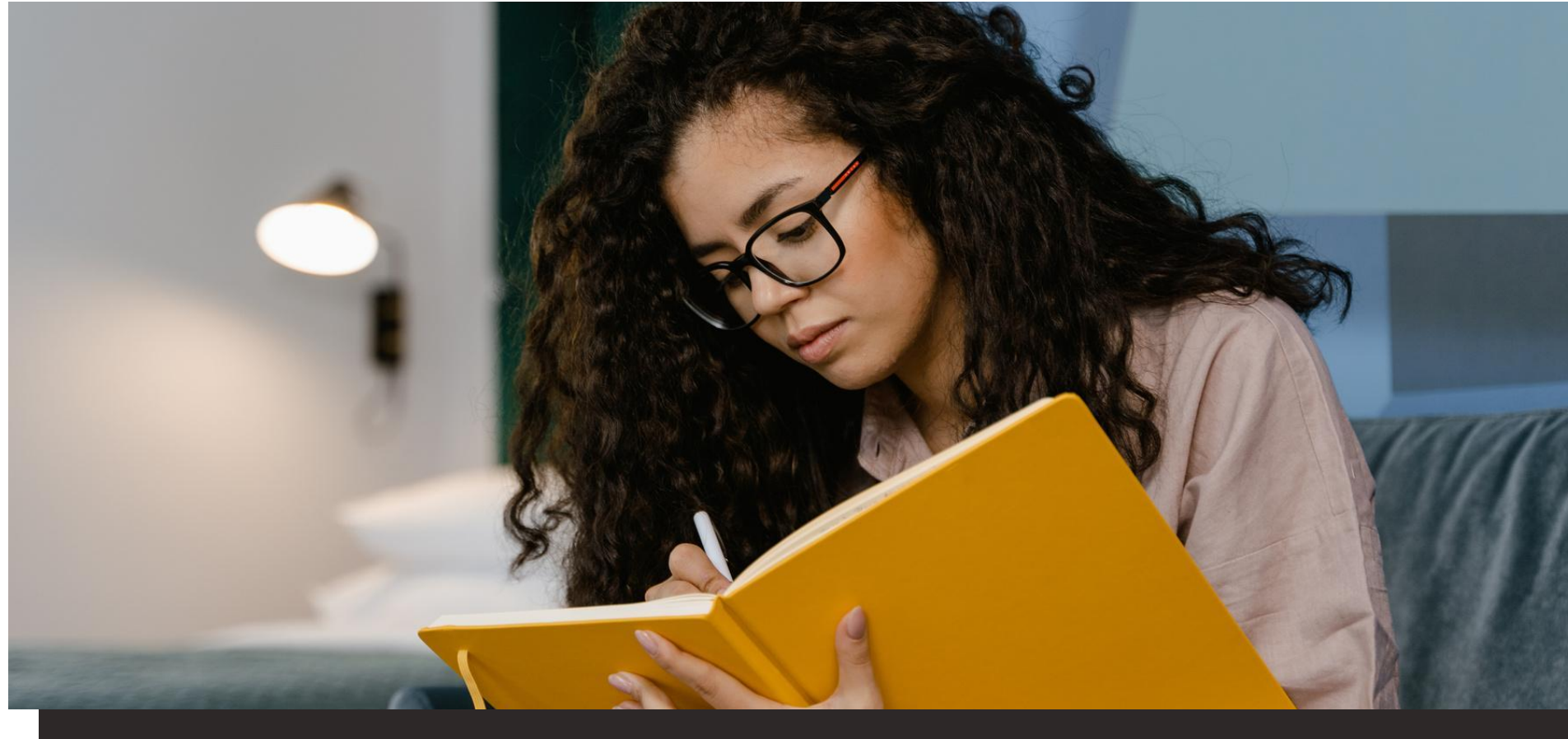
Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on your own mindset. Do you have a fixed or growth mindset? How can you demonstrate a growth mindset?





Further Study

- Mindset Works: *What's My Mindset?*
<https://blog.mindsetworks.com/what-s-my-mindset>
- TED: Carol Dweck: *The Power of Believing You Can Improve*
https://www.ted.com/speakers/carol_dweck
- Understood.org: How to Develop a Growth Mindset
<https://www.understood.org/articles/en/growth-mindset>





Lesson Complete!

