

Fixed vs. Growth Mindset

Class: 9th – 12th Grade Health

Pacing: Two 50-minute periods

Objectives: By the end of the lesson, students will be able to:

- Identify their own mindset
- Explain the benefits of having a growth mindset
- Use metacognitive strategies to maintain a growth mindset

Materials Needed:

- Fixed vs. Growth Mindset note taking sheet (see attached)—1 per student
- Fixed vs. Growth Mindset survey (see attached)—1 per student
- *Mindset: The New Psychology of Success*
 - You will need 5-7 copies of each of the following articles in the book (number of copies depends on size of class/groups):
 - *Mindset* pages 55-56 “The truth about ability and accomplishment” and page 85 “Michael Jordan”
 - *Mindset* pages 57-59, “Mindset and School Achievement” and “The Low Effort Syndrome”
 - *Mindset* pages 160-165, “Friendship” and “Shyness”
- 5-7 copies of the article found online at <http://mindsetonline.com/changeyourmindset/natureofchange/index.html> “Nature of Change” and “First Steps”
- ability to project/watch a video from the internet

Day 1

Introduction/Anticipatory Set (5 minutes):

Survey students and collect responses to the following True/False questions:

1. You can learn new things but you can't change how intelligent you are.
2. People with natural talent don't have to try hard.
3. You can always change how intelligent you are by your actions.
4. People who start out the smartest usually end up the smartest.
5. No matter what kind of person you are, you can always change a great deal.

Guided Instruction (25 minutes)

Read Carol Dweck's introduction to what mindsets are from The Mindset website (<http://mindsetonline.com/whatisit/themindsets/index.html>). Discuss how brain research has affected beliefs about learning, and watch this 2 minute video about neuroplasticity (<https://www.youtube.com/watch?v=ELpfYCZa87g>).

Return to the survey questions. For each survey question, have students think/pair/share on whether it reflects fixed or growth mindset thinking. (For example, number one reflects the fixed mindset and is a false belief because the brain can be changed through learning.)

**Assure students that mindsets can be changed and are changeable as we go through different situations!*

Day 2

Reading Jigsaw - Step 1 (20 minutes): Split the class into 4 equal-sized groups and number the students in each group. Each group will read an article or excerpt from *Mindset* in order to become the expert on their question. Pass out the "Fixed vs. Growth Mindset" note-taking sheet for students to keep notes on the articles. After reading and discussing their texts, students will regroup with others who have the same number.

- Red Group: What does the growth mindset look like? (Students read *Mindset* pages 55-56 "The truth about ability and accomplishment" and page 85 "Michael Jordan".)
- Green Group: How does mindset affect school performance? (Students read *Mindset* pages 57-59, "Mindset and School Achievement" and "The Low Effort Syndrome".)
- Blue Group: How does mindset affect your social relationships? (Students read *Mindset* pages 160-165, "Friendship" and "Shyness".)
- Yellow Group: How can you change your mindset? (Students read the article found at <http://mindsetonline.com/changeyourmindset/natureofchange/index.html> "Nature of Change" and "First Steps".)

As students read and discuss their group question, they highlight the text and take notes on the talking points they will be sharing in their new group.

Reading Jigsaw - Step 2 (20 minutes): Students regroup with other students who have the same number. Students then take turns sharing the information from their notes while new group members take notes.

Conclusion (10 minutes): The whole class works together to change the fixed mindset statements from the surveys to growth mindset statements.

Name: _____

Fixed vs. Growth Mindset Notes

Red Group: What does the growth mindset look like?

Green Group: How does mindset affect school performance?

Blue Group: How does mindset affect your social relationships?

Yellow Group: How can you change your mindset?

Name: _____

Fixed vs. Growth Mindset Survey

1. You can learn new things but you can't change how intelligent you are.
True/False

2. People with natural talent don't have to try hard.
True/False

3. You can always change how intelligent you are by your actions.
True/False

4. People who start out the smartest usually end up the smartest.
True/False

5. No matter what kind of person you are, you can always change a great deal.
True/False