

Growth Mindset Lesson Plan

This lesson will be used in a high school Advisory class which functions like a traditional “homeroom” setting during which students do a variety of task including using the time as study hall, complete required careers lessons, attend school assemblies, etc.

Objectives:

- Students will discuss how the brain works when its learning new material.
- Students will understand the differences between a fixed and growth mindset.
- Students will share a story of a time they struggled to learn a new concept/skill.
- Students will write a letter to a future a student about how to overcome a challenge using what they've learned about how the brain learns new material and growth mindset concepts.

Materials:

- Data projector/screen
- Laptop/computer with internet access to Youtube
- Paper/writing utensils
- Copies of Mindset quiz
- Chromebooks

Procedure:

1. Show student the video “Growing Your Mind” by Khan Academy (3:04).
<https://www.youtube.com/watch?v=WtKJrB5rOKs>. Then discuss as a whole class or in small groups the video using the following questions:
 - a. How do people become more intelligent? • How does the diagram of the neurons “At birth vs. At age 6” demonstrate this? • What about the second diagram of the nerves of the animal living in a cage vs. an animal living with other animals and toys? • How are our brains like muscles? • When do our brains grow the most?
2. Briefly explain Carol Dweck’s concepts of growth and fixed mindset and ask students how this concept relates to the video they just watched.
3. Hand out Mindset Quiz and have students complete this self-evaluation of their own mindset. Debrief by asking students what did and did not surprise them about the results of the quiz.
Quiz can be found at:

<http://homepages.math.uic.edu/~bshopley/MindsetQuiz.w.scores.pdf>

4. Have students make a personal connection to the concepts and the mindset quiz by asking them to write about or verbally share with a partner a time when they overcame a struggle in learning and learned to solve a problem. The teacher can model with personal connection by sharing an example from his/her own life first. Ask students to include the following aspects in their stories:

- a. Hard work
- b. Strategies
- c. Help from others

Then ask students to share stories with a partner and focus the discussion on how working hard, taking on challenges, and finding the right strategy can make people smarter.

Closure: Using the Khan Academy Mindset kit as a resource, have students write a letter to a future student in this class. This letter can be handwritten or typed on a chromebook and shared with the teacher for future use.

- Writing Prompt: Reflect on the times when you failed at first but through persevering your brain created new neural connections and you eventually became better at the task. Write a letter to a future student of your class about this struggle. In at least two paragraphs, tell this student your story and give them advice on what they should do next time they encounter an obstacle when learning something new.