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LESSON: Understanding Growth Mindset to Increase School Success

Grades 9 - Fall

Objective:

* Students will learn how to distinguish Growth Mindset from Fixed Mindset.
* Students will identify which mindset they currently employ.
* Students will be able to name a way that growth mindset could increase their school success.

Anticipatory set (10 min):

Index cards passed out. Answer questions (5 min):

* How do you know if you are good at something?
* If you try something and don’t get it right away, what do you do?
* If you fail at something, what does it tell you about your ability?

Group discussion about answers (5 min(. Have a few students share their answers out loud by raising their hands. Use the following prompts/questions to engage the discussion:

* Do you think some people are good at some things and others bad? Why do you think that?
* When you do an assignment or task wrong, what does it mean you?

1. Introduce Mindsets (30 min)

* Show clip about describing two mindsets (4 min.):

<https://www.youtube.com/watch?v=-_oqghnxBmY>

* Handouts of Fixed vs. Growth Mindset. Use the following pdf:

<http://www.mindsetworks.com/FileCenter/52G3LTP08OVNI3G9NMI8.pdf>

Have students break into groups of 4 and go over handout together (15-20).

They must answer the following questions:

1. What happens to the brain when you learn new things?
2. How do scientists know the brain can grow?
3. What is needed to grow the brain?

Group Discussion about handout (5-10 min.)

2. The key to growth mindset (5 min). Say: **Sometimes it’s frustrating when you try something and don’t get it. You can feel insecure or like your just aren’t good at that thing. You can decide to stop trying. The key to growth mindset is how you deal with setbacks and failures. Do you give up or do you resolve to find a different way, ask for help and tackle the problem again? Learning is not about either knowing or not knowing. It is about a process. Like the handout said, practice is the key to brain growth. Practice is not where you get it right every time. Sometimes it’s where you fall down 50 times before you get it right. Successful people keep getting up and trying again.**

3. Be inspired. Brief videos (5 min):

<https://www.youtube.com/watch?v=ahHO3-J7hl0>

[https://www.youtube.com/watch?v=if3lCTwEIlY](https://www.youtube.com/watch?v=if3lCTwEIlY" \t "_blank)

**When we believe that we can be successful, we can learn, we can do more and better, we can see our mindset change. Setbacks and failures don’t have to stop us from working hard and pushing ourselves to succeed. High school education is a key to open so many doors for the future. Many students give up on themselves because they don’t believe they’ve got what it takes.**

**What if every student has what it takes? What if every student, like Russell Wilson, believed it could be them? The next great scientific discovery, the next doctor saving lives, the next firefighter, law enforcement officer, lawyer, engineer?**

**Why not you?**

4. Index cards. Answer these questions (5-7 min):

* What mindset do you think you have? Why?
* What would change if you had a stronger growth mindset?
* Name one are in your life you would like to see your growth mindset get stronger.
* Name two ways students can do better in school if they have a growth mindset.

Closing (3 min):

**You have 4 years of high school ahead of you. What are you going to do? Will you allow your first attempt to dictate what you are good and bad at? Will you give up when something gets hard? Or will you keep striving, fighting, and pushing through challenges because you know your brain is capable of much more than can be imagined?**