

Lesson Name:

Revisiting Mindsets

Student Objectives:

- Students will understand the difference between fixed mindset and growth mindset.
- Students will have the opportunity to apply this new information to their mindsets in order to shift to a growth mindset.

Educator Preparation:

- Fixed Mindset and Growth Mindset Slides or explanations.
- Revisiting Mindset Graphic Organizer.

Fixed Mindset	Growth Mindset
You believe that your skills and intelligence are carved in stone and that you DON'T have the capacity to develop, cultivate, or improve many of them. You are born with a certain aptitude, skills, and intelligence and can't do much to change them.	You believe that your skills and intelligence are things that can be developed, cultivated, and improved. That you DO have the capacity to learn and grow. Skills are built through effort and everyone can change and grow.

Introduction:

In Lesson One, you heard Dr. Ennis discuss the different types of mindsets—the growth mindset and the fixed mindset. I want to talk about those a little bit more with you because we are all a mixture of both mindsets. I am very growth mindset-oriented about certain things in my life. And then I'm more fixed mindset-oriented about other things in my life. But, I'm trying to change some of those things that I have a fixed mindset about, and bring it over to the growth mindset.

Why is all of this important? A lot of the information that we've gotten over the years has not been correct information. For example, we used to think that whatever kind of brain you were born with had a certain set of abilities, and that's it. For example, if you're not somebody who's naturally good at math, you're never going to be good at math. We used to think that the brain couldn't really change, that it was just your genetics and how your brain was made was all that it was capable of. Whatever gifts or attributes or types of intelligences that you had, you were born with and can't do anything about them.

But now we know with the latest brain research this is not true. Studies show that having a growth mindset about things helps to make you a higher achiever, both in school and in life. So I want to review exactly what a fixed mindset is in a growth mindset. And I'm going to share my screen with you in order to be able to do that.

Instruction:

Fixed mindset says that you believe that your skills and intelligence are carved in stone. And that there's really nothing you can do to develop, cultivate, or improve those skills. Basically, you're born with a certain aptitude or a certain level of academic intelligence and you can't really change it. That's the fixed mindset.

Of course, genetics plays a part in this, right? There are some kids who are super smart at math or they're good at reading. And they're good at science, and they get A's all of the time. Then there's others who can't stand those subjects, or one of those subjects is really hard. A lot of times this is genetic. Maybe your mom or your dad was a really great mathematician. Then you might be a really good mathematician. Or maybe your mom or your dad was a great musician. And you see that you have that ability in you, or artistic ability, or the ability to build things. The problem is, a fixed mindset says, "Hey, I'm either born with these skills, or I'm not. And if I'm not, there's really nothing I can do about that."

Here's a couple of examples of some fixed mindsets in my own life.

(Share three or four of your fixed mindsets and explain them to students.)

For example, here's one of mine: "I'm a runner, and I run about 35 a week. Because I exercise, people always assume that I'm really healthy. But I have a very fixed mindset around my ability to eat healthy. I eat four hostess cupcakes every night before I go to bed. And yes, I know how ridiculous that sounds. My girlfriends somehow have the willpower to eat healthy,

but I can't seem to do it. I have a fixed mindset about my eating habits and sometimes I feel like I'm just missing the ability to do this."

What's the difference between the fixed mindset and the growth mindset? Well, the growth mindset is that you don't believe that the skills that you have are carved in stone, and that with effort and perseverance you can improve your skill set, even if you're not naturally good at it right now. Let me give you an example of where I've had a growth mindset in my life.

(Teacher to share examples of their growth mindset.)

For example: "I am someone who, in my high school speech class, I was sort of bashful and super nervous to have to give a speech to anyone. I remember that my hands shook so badly when I had to give a speech and I couldn't even read the notes from my index card. You would never look at me in high school and believe that based on my performance I would someday be a motivational speaker to thousands in an audience. How did I become better at it? Because I had a growth mindset and I was willing to work to grow my skills, and in the meantime I found that it was one of my special gifts. It was just buried inside of me. If you want to become better, you can become better. Yes, you might have to work harder than another student who doesn't have to work as hard to be good at that particular subject, but if you're willing to do the work then you can grow your brain."

This doesn't mean that we can all just become anything that we want to become. For example, I'm never going to become an astrophysicist. Even if I studied day in and day out for the next 20 years, I will tell you that my brain does not have the capability to become an astrophysicist. So I don't want you to think that I am saying, "Oh, you can just become whatever you want to become." What I am saying is **we underestimate our ability to become better at things that you want to become better at**. Because what we know is if you're willing to be gritty, if you're willing to practice harder than others, if you're willing to put forth great effort, you actually can achieve that new skill set. You can grow your brain.

Interaction:

I'm going to have the fixed mindset and growth mindset graphic organizer. I want you to write three different things that you have a fixed mindset about. (Remember, teachers can insert their own examples or use mine.)

I have a fixed mindset about my ability to cook, but I'm working on it to get better. I also have a fixed mindset about my ability to read directions and build or put things together. Those are

the three areas where I have a fixed mindset. Three areas where I have a very growth mindset would include the public speaking example I gave you. I also have a growth mindset around my ability to become a strong reader. When I was in elementary school, I really struggled to read. I had to get special services and extra help. Now I'm a great reader. I read books every single week. So I have a really growth mindset. I had to work harder than other kids to become a good reader, but I did it. I also have a growth mindset around my ability to become a biker. I've always been a runner and never wanted to become a biker and didn't think I would be good at it. And now I'm a biker.

I want you to think about your abilities or intelligence or skill set. Do you have some fixed mindsets where you have told yourself, "I'm just never going to be good at this" so you just gave up? I want you to come up with three examples of your fixed mindsets. Then I want you to come up with three areas where you've had a growth mindset, where you have maybe not been really good at something, but you work at it and become better. I want you to jot those down in the graphic organizer that's attached to this lesson.

Closure:

Today, I taught you the difference between a growth mindset and a fixed mindset and how those apply to our lives. We want to become aware of our mindsets so we can grow them and become better and stronger at things that are important to us.

Activity:

Students fill out the Revisiting Mindsets Organizer