

Name: _____ Hr: _____

Growth Mindset Activity & Goal Setting

Directions: Answer the following questions during the class discussion & while watching the videos. Be sure to write using COMPLETE SENTENCES.

CLASS DISCUSSION:

1. What is a Growth Mindset?
2. What is a Fixed Mindset?
3. Can intelligence be developed?
4. Can completing challenging work make your brain stronger and smarter? EXPLAIN your answer.

Video 1 - "Growing Your Mind" - Khan Academy

1. How do people become more intelligent?
2. How are our brains like muscles?
3. When do our brains grow the most?

Video 2 - "The Power of Belief" - TED Talk

1. Discuss the study about the 7th graders given in the video. Describe how the study was done and the outcome of what happened to the 7th graders' scores over the next two years.
2. What do people with fixed mindsets focus the most on? How do both mindsets view effort?
3. How do both mindsets view obstacles?
4. Describe the study done on praise. What did the fixed mindset group get? What did the growth mindset group get? What were the results of this study?

Growth vs. Fixed Mindset Poster

Directions: Create a 2 column poster on the beliefs and behaviors of a growth mindset and how it compares to a fixed mindset.

September 2018 Goal: Create a minimum of 3 educational goals that you would like to work toward for the month of September. These goals should be **measurable**.

- 1.
- 2.
- 3.

Growth vs. Fixed Mindset Poster

Example

Scenarios:

- I fail a test
- I put a lot of effort into practicing for a basketball game but still lose
- I don't understand a math problem
- I am not putting any effort into my class but I'm barely passing

Here's an example of what this poster might look like:

DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

