

What is a Growth Mindset?

In this activity you will spend some time understanding Dr. Carol Dweck's theory about Growth Mindset. It has been implemented by prominent learning organizations and companies in recent years. Although it's become a buzz word, we should take time to understand what it is and what it has also become and how we can use this to enhance our foundational teaching skills.

The activity below is a requirement of Teacher Development & Support induction and should be completed by Checkpoint C. The activity is two parts; with the first part building your understanding of Dr. Dweck's work and the second part implementing what you've learned into your own classroom. **You should read through the entire assignment first**, then make an action plan for yourself including when you will execute your lesson with your students, and ensure you have all parts of the assignment completed before the Checkpoint C deadline. If your assignment is reviewed as "Not Yet" or is not complete/submitted by Checkpoint C, all teachers will have until Checkpoint D to resubmit.

Part I: Understanding

Watch!

Required: Watch this TED Talk to understand the Growth Mindset as described by Dr. Carol Dweck, that first used the term. https://www.youtube.com/watch?v=_X0mgOOSpLU

- **Interested in more?** Check out these additional videos about Growth Mindset:
 - The Power of belief -- mindset and success | Eduardo Briceno | TEDxManhattanBeach: <https://www.youtube.com/watch?v=pN34FNbOKXc>
 - Grit: The power of passion and perseverance: [https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_pers
everance](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_persistence)

Required: Do we know a Fixed Mindset when we hear one? When have we or our mentors, coaches, managers, etc. exhibited a fixed mindset over a growth mindset? Check out this video of the common examples of teachers displaying fixed mindsets and how if we can recognize them, we can navigate them. The common fixed mindsets are called "The Four Horsemen." <https://www.matchminis.org/videos/for-coaches/43/reducing-fixed-mindset-behaviors/#>

Read!

Required: Read this article to understand some common misconceptions about implementing the Growth Mindset. <https://hbr.org/2016/01/what-having-a-growth-mindset-actually-means>

- **Interested in more?** Check out this article from The Hechinger Report: <https://www.usnews.com/news/articles/2015/11/23/teachers-parents-often-misuse-growth-mindset-research-carol-dweck-says>

STOP: Make sure to capture and type your reflections on your "Growth Mindset Reflection Guide" word document that will be submitted. The reflection guide is at the top of your "Growth Mindset Lesson Planning Template."

Do!

- 1) **Required:** Where do you stand? It's helpful before we move forward, that you know where you are regarding a growth mindset. Take the online assessment found here:

<http://blog.mindsetworks.com/my-mindset?force=1&Itemid=908>

STOP: Make sure to capture and type your reflections on your "Growth Mindset Reflection Guide" word document that will be submitted. The reflection guide is at the top of your "Growth Mindset Lesson Planning Template."

- 2) **Required:** Explore Growth Mindset Lesson Plans in your content area. If you are in a specialty area (guidance counseling, ESE support, etc) consider how you could modify this material for students in your small groups or one-on-one meetings.

- **Elementary:** Example of Elementary Growth Mindset Implementation can be found here: <http://www.kirstenskaboodle.com/growth-mindset-activities-fantastic-elastic-brain/>
- **Secondary:** Example of Growth Mindset Implementation can be found here: <http://thesuperheroteacher.blogspot.com/2016/10/teaching-growth-mindset-in-secondary.html>
- **For Everyone! Must Read!** Review this example of a growth mindset lesson plan from www.mindsetkit.org (2016)
https://www.mindsetkit.org/static/files/YCLA_LessonPlan_v10.pdf
- **For Everyone! Helpful Resource!** Checkout this Edutopia resource (2016).
<https://www.edutopia.org/article/growth-mindset-resources>

Part II: Applying

Implementation!

Next Steps:

- 1) After exploring examples of implementation of Growth Mindset, use the "Growth Mindset Lesson Planning" template (the template under your reflection questions) to complete a mini-growth mindset lesson in your classroom.
- 2) After planning the lesson, execute your "Growth Mindset Lesson Plan" in your classroom (if secondary, implement in at least one of your classrooms).
- 3) Make sure to capture at least 2 pieces of evidence that shows you executed your plan. Examples of evidence are:
 - Pictures of completed graphic organizers or worksheets that were included in your lesson.
 - Pictures of group posters, post-it notes, charts, graphs were students responded to an activity or questions from your lesson.
 - A short (5 minutes or less) video (with the back of the students' heads- no faces) showing you (the teacher) executing your Growth Mindset lesson.
 - A short (5 minutes or less) audio recording of students' responding to your questions reviewing your lesson and growth mindset.

- 4) Make sure that your lesson plan and evidence meets the criteria below before submitting to the appropriate space in your induction Blackboard course.

Passing:	Not Yet:
<ul style="list-style-type: none">• Reflection guide and lesson plan are typed and Teacher uses complete sentences.• Complete, logical steps and bullets may be used to describe a procedure or put something into student friendly terms.• Responses are clear, thoughtful, and provide evidence of purposeful planning.• Evidence shows that Teacher has executed Growth Mindset lesson plan in classroom with students.• Evidence shows student understanding of growth mindset and associated characteristics.	<ul style="list-style-type: none">• Handwritten or scanned or picture of document w/ handwritten submission.• Incomplete sentences, fragmented statements.• Little to no effort; one word answers with no explanation.• No evidence provided or evidence provided does not include student response or work.• Evidence shows that students have not yet mastered the concept of growth mindset.<ul style="list-style-type: none">○ Ex: Students may actually right a fixed mindset characteristic on a growth mindset poster.

Please note that all resources used within this assignment are found on public websites such as Google and YouTube. The original source information of the resources is located in the links provided and/or cited in the instructions. Reflection Guide and Lesson Planning Template as well as evidence rubric was created by DCPS Teacher Development & Support Team.