



## Mindset (Carol Dweck) Study, Game Plan - Lower School

Mount Vernon Presbyterian School, Atlanta, GA

### Meeting One (M1): Monday, April 7, 2014

| GAME PLAN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Resources                                                                                                                                                                                                                                              |
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| <p><b>TO DO before M1</b></p> <ul style="list-style-type: none"> <li>Read <a href="#"><i>Mindset: The New Psychology of Success</i></a>, Dr. Carol Dweck</li> <li>Review or re-read Chapter 1: "The Mindsets." While reviewing or re-reading, jot notes in four categories: <ul style="list-style-type: none"> <li>What ASSUMPTIONS does the author of the text hold?</li> <li>What do you AGREE with in the text?</li> <li>What do you want to ARGUE with in the text?</li> <li>What part of the text do you want to ASPIRE to?</li> </ul> </li> <li>OPTIONAL EXTENSION: Read <a href="#">Marshall Memo summary of Daniel Coyle's book <i>The Talent Code</i></a>. Apply the Four "A"s to it, too.</li> </ul> | <p>Websites connected to book:</p> <ul style="list-style-type: none"> <li><a href="#">MindsetOnline</a></li> <li><a href="#">Mindset Works</a></li> <li><a href="#">Dweck - Stanford U.</a></li> </ul> <p><a href="#">Four "A"s Protocol</a>, NSRF</p> |
| <p><b>Proposed Flow for M1</b></p> <p><i>The Blessing</i></p> <ul style="list-style-type: none"> <li>Devotional - The Parable of the Talents, Reprise [~ 5 min]</li> </ul> <p><i>The Appetizers</i></p> <ul style="list-style-type: none"> <li>Visible Thinking Routine - See, Think, Wonder [~ 10 min]</li> </ul> <p><i>The Meal</i></p> <ul style="list-style-type: none"> <li>I'll have 3 "Y"s, One-Buttock, and an Infographic, please... [~ 10 min]</li> <li>And 4 "A"s Protocol as my main course. [~ 20 min]</li> </ul> <p><i>Dessert and After-Dinner Fun</i></p> <ul style="list-style-type: none"> <li>Understanding <b>Mindset Bingo</b> + Action Planning [~ 15 min]</li> </ul>                    | <ul style="list-style-type: none"> <li><a href="#">PDF of slide deck for M1</a></li> <li><a href="#">Mindset Infographic</a></li> <li><a href="#">Mindset Bingo</a></li> </ul>                                                                         |



## Meeting Two (M2): Monday, April 28, 2014

| GAME PLAN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Resources                                                                                                                                                                                                                                                                                                                                                                      |
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| <p><b>TO DO before M2</b></p> <ul style="list-style-type: none"> <li>Review your Four “A”s prep completed before M1 (expand if you want to)</li> <li>Scan/Review <i>Mindset</i> chapters 4, 5, and 6 <ul style="list-style-type: none"> <li>“Sports: The Mindset of a Champion”</li> <li>“Business: Mindset and Leadership”</li> <li>“Relationships: Mindsets In Love (Or Not)”</li> </ul> </li> <li>IF YOU'RE FEELING AMBITIOUS: Watch: <a href="#">“The Power of Belief - Mindset and Success: Eduardo Briceno”</a></li> </ul>                                                                                                                                                                                                      | <p><a href="#">Four “A”s Protocol</a>, NSRF</p> <p>Websites connected to book:</p> <ul style="list-style-type: none"> <li><a href="#">MindsetOnline</a></li> <li><a href="#">Mindset Works</a></li> <li><a href="#">Dweck - Stanford U.</a></li> </ul> <p>TEDx Link: <a href="https://www.youtube.com/watch?v=pN34FNbOKXc">https://www.youtube.com/watch?v=pN34FNbOKXc</a></p> |
| <p><b>Proposed Flow for M2</b></p> <p><i>The Blessing</i></p> <ul style="list-style-type: none"> <li>Devotional - Luke 2:52<br/>[~ 5 min]</li> </ul> <p><i>The Appetizers</i></p> <ul style="list-style-type: none"> <li>3 “What”s - Bringing a Past Forward<br/>[~ 10 min]</li> </ul> <p><i>The Meal</i></p> <ul style="list-style-type: none"> <li>Yummy Left Overs: 4 “A”s Protocol (cont'd)<br/>[~ 20 min]</li> <li>What do we choose to see? Practice seeing?<br/>[~ 5 min]</li> <li>You want me to eat brain? Brain-ology 101<br/>[~ 10 min]</li> </ul> <p><i>Dessert and After-Dinner Fun</i></p> <ul style="list-style-type: none"> <li>Ruminating on <b><i>Mindset Bingo</i></b> + Action Planning<br/>[~ 15 min]</li> </ul> | <ul style="list-style-type: none"> <li><a href="#">PDF of slide deck for M2</a></li> <li><a href="#">Mindset Infographic</a></li> <li><a href="#">Mindset Bingo</a></li> </ul>                                                                                                                                                                                                 |



## Meeting Three (M3): Monday, May 12, 2014

| GAME PLAN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Resources                                                                                                                                                                                                                                                                                                                                 |
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| <p><b>TO DO before M3</b></p> <ul style="list-style-type: none"> <li>• Scan/Review <i>Mindset</i> chapters 7 &amp; 8             <ul style="list-style-type: none"> <li>◦ “Parents, Teachers, and Coaches: Where Do Mindsets Come From?”</li> <li>◦ “Changing Mindsets”</li> </ul> </li> <li>• IF YOU HAVEN’T ALREADY, WATCH: <a href="#">“The Power of Belief - Mindset and Success: Eduardo Briceño”</a> [10 min., 52 sec.]</li> </ul>                                                                                                                                                                                           | <p>Websites connected to book:</p> <ul style="list-style-type: none"> <li>• <a href="#">MindsetOnline</a></li> <li>• <a href="#">Mindset Works</a></li> <li>• <a href="#">Dweck - Stanford U.</a></li> </ul> <p>TEDx Link:<br/> <a href="https://www.youtube.com/watch?v=pN34FNbOKXc">https://www.youtube.com/watch?v=pN34FNbOKXc</a></p> |
| <p><b>Proposed Flow for M3</b></p> <p><i>The Blessing</i></p> <ul style="list-style-type: none"> <li>• Devotional - Prayer<br/>[~ 3 min]</li> </ul> <p><i>The Appetizers</i></p> <ul style="list-style-type: none"> <li>• 3 “How”s - Putting <i>Mindset</i> to Practice<br/>[~ 12 min]</li> </ul> <p><i>The Meal</i></p> <ul style="list-style-type: none"> <li>• Case Studies<br/>[~ 15 min]</li> <li>• Really Digging into <b><i>Mindset Bingo</i></b><br/>[~ 20 min]</li> </ul> <p><i>Dessert and After-Dinner Fun</i></p> <ul style="list-style-type: none"> <li>• I used to think...; Now I think...<br/>[~ 5 min]</li> </ul> | <ul style="list-style-type: none"> <li>• <a href="#">PDF of slide deck for M3</a></li> <li>• <a href="#">Mindset Infographic</a></li> <li>• <a href="#">Mindset Bingo</a></li> </ul>                                                                                                                                                      |