



Class Activities

Week 8

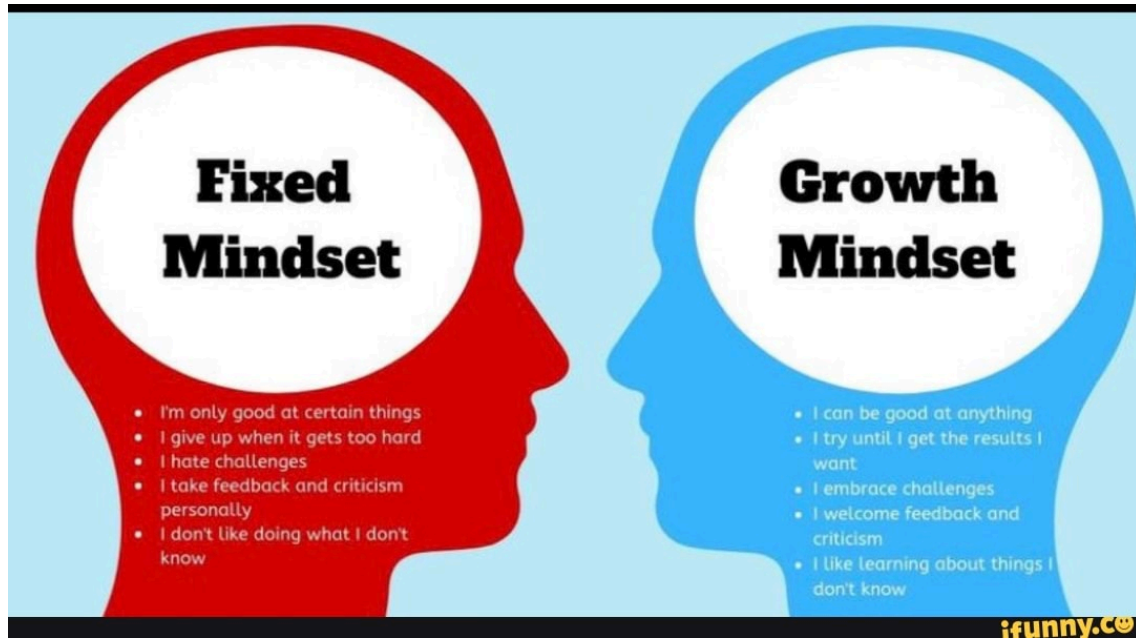
Growth Mindset

Purpose: We all make mistakes, and sometimes, making mistakes can cause students to quit trying or to blame their failure on other people and things. Research has shown that mistakes actually enrich our brains, and if we accept and learn from them, we can harness the power of “not yet,” as in “I have not mastered that yet, but I am going to keep trying.” Therefore, it is important to remind students that it is okay to make mistakes, and that they can grow from their mistakes.

Goal: Students should reflect on their mindsets and determine how they can use a growth mindset in their future.

Activities:

1. What kind of mindset do you have? After looking at the following picture, how would you describe your mindset about learning new things? How can you use a growth mindset to learn about a subject (such as math or writing) or activity (such as a sport or playing a song) more effectively? (This activity can be completed during or outside of class, and should take about 5-10 minutes.)



<https://ifunny.co/picture/growth-mindset-an-be-good-at-anything-try-until-get-sCNDCmjB8?s=c>

2. After a project, paper, or a big test, give students time to reflect on what they did. Have them focus on what they learned and what successes they had. When you ask students to reflect on what they need to improve on, have students focus on productive ideas for the future. You might give them some ideas like - setting a better schedule, visiting tutoring, attending office hours, etc.