

Students will explore and discuss how the brain works and how their mindset can dictate how their brain functions. Students will build a portfolio to document their growth mindset journey and better understand how they can overcome challenges and failures by shifting their learning and succeeding.

Teacher Led	X	Requires Computer	X	Requires myBlueprint.ca	X
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LEARNING GOALS:

1. Students will explore the concept of Growth Mindset and its relevance to their learning at school and at home
2. Students will identify the differences between a Growth Mindset and a Fixed Mindset
3. Students will explore why having a Growth Mindset is beneficial in education and their career/life

MATERIALS:

- Computer, tablet, or mobile device
- Projector (to watch video links as a class)
- Videos (see [A] Teacher Guide for links)
- Handout [B] – Student Guide - Creating a Growth Mindset Portfolio

GETTING STARTED:

1. Have students visit www.myBlueprint.ca, click **Log In** (in the top right hand corner), and enter their email and password to log in.
 - **Forgotten password?** *Students can reset their passwords by clicking 'Forgot password?'*
 - **Forgotten email?** *As a teacher/counsellor, you can reset your students' emails and passwords in your **Student Manager** or **Classes**.*

GROWTH MINDSET:

- A growth mindset is the belief that you believe your brain can grow, adapt and change overtime and your intelligence can grow with effort.

FORMAT OF LESSON PLAN:

[A] TEACHER GUIDE: For each section of inquiry, teachers can follow the Teacher Guide for specific instructions as well as additional information regarding the learning goals and materials needed.

[B] STUDENT GUIDE: Students can use the guide to add work to their *Growth Mindset Portfolio*.

[A] TEACHER GUIDE: Growth Mindset Lesson Plan
Table 1: GROWTH MINDSET ACTIVITIES

Topic	Discussion Points	Resources (videos, links, etc.)
Understanding the Brain	<ul style="list-style-type: none"> How does the brain learn something new? What is neuroplasticity? 	<ul style="list-style-type: none"> How the Brain Works Neuroplasticity
Discovering a Growth Mindset	<ul style="list-style-type: none"> What is a <i>Growth Mindset</i>? What is a <i>Fixed Mindset</i>? What does a growth mindset look like? Sound like? (mindset statements) 	<ul style="list-style-type: none"> Growth Mindset Growth Mindset vs. Fixed Mindset Additional link: Carol Dweck: The Growth Mindset
Failure and Mistakes	<ul style="list-style-type: none"> What is failure? What can we learn from failing and making mistakes? The Power of YET 	<ul style="list-style-type: none"> Learning from Failure The Power of Yet (shorter version)
Effort and Success	<ul style="list-style-type: none"> Famous Failure examples What are the similarities in all of their stories? How did these 'famous failures' demonstrate a growth mindset? When have you experienced challenges/failure in your life? How did you react/respond to it? 	<ul style="list-style-type: none"> 21 Famous Failures Who Refused to Give Up (article) 10 Celebrities Who Failed (video) Famous Failures (video) Famous People Who Failed at First (video) Story of Nelson Mandela (video) John Legend (video)
Overcoming Challenges and Reflecting	<ul style="list-style-type: none"> What have you learned about the power of a growth mindset? How will you practice having a growth mindset in your daily life? 	

INSTRUCTIONS

A. INTRODUCTION – UNDERSTANDING THE BRAIN

1. Introduce students to understanding the student brain.
 - Watch the following video for a quick introduction on how the brain works: [How the Brain Works](#)
 - Discuss with students what stood out to them about how the brain works.
 - o What are **neurons**? What are **neural pathways**? What do they do?
2. Ask students to consider and brainstorm how they learn something new. Introduce students to the concept of **Neuroplasticity**.
 - Watch the following video with students: [Neuroplasticity](#)
 - Discuss neuroplasticity with students and discuss:
 - o How does neuroplasticity work?
 - o Why is neuroplasticity a good thing?
 - o How is this related to learning something new?
3. Have students reflect on their learning today by creating a Journal entry in their **Growth Mindset Portfolio**. Answer the following questions:
 - o Name a skill that you know now that you couldn't do when you were a baby.
 - o How does your brain look different from when you were a baby, when you were learning that skill, and now that you're successful in that skill?
 - o What is something that you would like to learn that you have struggled with in the past?

B: WHAT IS A GROWTH MINDSET?

- “In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work – brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.” (Carol Dweck, 2015).
 - A growth mindset is the belief that you believe your brain can grow, adapt and change overtime and your intelligence can grow with effort.
1. Brainstorm and discuss with students what they believe the term **Growth Mindset** means.
 - Watch the following video with students to introduce what a growth mindset is: [Growth Mindset](#)
 2. After watching the above video, ask students what they believe the term **Fixed Mindset** means.
 - Watch the following video with students to introduce the comparison of a growth and fixed mindset: [Growth Mindset vs. Fixed Mindset](#)
 - Discuss with students:
 - o What does a growth mindset “sound” like? What does a growth mindset “look” like?
 3. Have students document their learning in their **Growth Mindset Portfolio**:

- Have students share a comparison chart to contrast the two mindsets, by including three fixed mindset statements and three growth mindset statements
- *For Example:*

Fixed Mindset	Growth Mindset
<i>This is too hard</i>	<i>This may take some time and effort</i>
<i>I'm not a math person</i>	<i>I need to train my brain in math</i>

- Without a definition, and in their own words, Students will record an audio clip of the difference between a growth mindset and a fixed mindset.
- Students will include a reflection answering: *What are the benefits of having a growth mindset? How can you apply a growth mindset to learning the new skills you mentioned in the introduction?*

C: FAILURE AND MISTAKES

1. Discuss the following questions with students:

- *Ask students if they have ever made mistakes? How did they feel after they made a mistake? After they made a mistake, did they want to try again? Why/Why not?*
- *Discuss with students what **failure** means. Ask students if they think failure is a good thing or a bad thing? Why would someone want to fail?*
- *How does failure fit in with a growth mindset?*

- Watch the following video about learning from failure: [Learning from Failure](#)

2. Ask students if they think “**yet**” is a powerful word? Showcase to students the difference of simply adding on the word “yet” on the end of a phrase can drastically change the tone and mindset a person might have.

- *For Example:*

<i>I don't understand math</i>	<i>I don't understand math... yet</i>
<i>I'm not a good singer</i>	<i>I'm not a good singer... yet</i>

- Watch the Power of Yet video: [The Power of Yet](#)

3. Have students reflect on their learning by creating a journal entry in their **Growth Mindset Portfolio**. Have them answer the following questions:

- *Have you ever made a mistake and had the thought “I can't do it” cross your mind? How did that make you feel? If you were to replace that thought with “I can't do it yet” how would that change your mindset?*
- *How can a growth mindset help us when facing failure or mistakes?*
- *List **3 ways** the power of ‘yet’ can help you achieve a growth mindset.*

D: EFFORT AND SUCCESS

1. Ask students to tell you about someone famous that is very successful. Follow-up by asking students if they know someone famous that has failed? Ask them if they think there is anyone that is famous/successful that has never failed?
2. Watch the any of the following Famous Failure videos or share the article with students:
 - [21 Famous Failures Who Refused to Give Up](#) (article)
 - [10 Celebrities Who Failed](#) (video)
 - [Famous Failures](#) (video)
 - [Famous People Who Failed at First](#) (video)
 - [Story of Nelson Mandela](#) (video)
 - [John Legend](#) (video)
3. Ask students to share what they noticed in common about all of the famous/successful people features in the videos. How did these ‘famous failures’ overcome the challenges in their lives? How many mentioned *hard work, effort, practice* in explaining how they got to where they are today? How did these people demonstrate a growth mindset?
4. Have students reflect on their learning by creating a journal/video entry in their **Growth Mindset Portfolio**. Have them answer the following questions:
 - *How did you feel when you learned that so many successful people faced had previously faced failure in their lives? How has this inspired you to face failures/challenges in your life?*
 - *How does having a growth mindset and a willingness to put in effort make facing your challenges more manageable?*
 - *What is a challenge you have encountered when trying to learn something new? What actions and goals can you set to work toward overcoming it?*

E: OVERCOMING CHALLENGES & REFLECTING

1. Have students reflect on their learning by creating a journal/video entry in their **Growth Mindset Portfolio**. Have them answer the following questions:
 - a. *What did you learn about Growth Mindsets and Fixed Mindsets?*
 - b. *What did you learn about yourself?*
 - c. *How can you practice having a growth mindset in your daily life?*
 - d. *How does setting a goal help support you in overcoming your challenges?*
 - e. *How will you react differently to failures/mistakes in your future?*

[B] – Student Guide: Creating a Growth Mindset Portfolio

Visit www.myBlueprint.ca, click **Log In** (in the top right hand corner), and enter your email and password to log in.

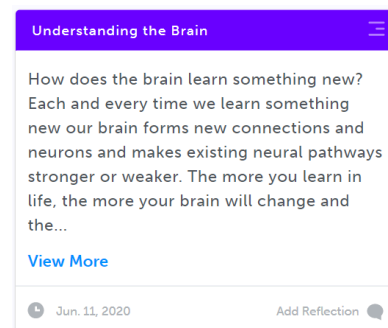
- **Forgot your password?** Click reset your password by clicking ‘Forgot password?’
- **Forgot your email?** Ask your teacher/counsellor, and they can help you with your selected email

1. Click **Home > Portfolios**.
2. Click **+ Add Portfolio**.
3. Name your Portfolio ‘**Growth Mindset Portfolio**’
4. Click **Add Portfolio**.



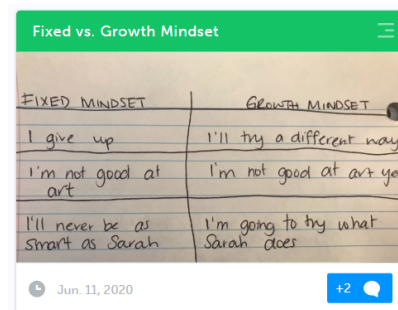
A- UNDERSTANDING THE BRAIN

1. From the navigation menu, click **Home > Portfolios**. Open your *Growth Mindset* Portfolio.
2. Click **+Add Box** and Select **Journal**. Title the journal ‘Understanding the Brain’ and in the description field, answer the following questions:
 - How does the brain learn something new?
 - Name a skill that you know now and can do smoothly that you couldn't do when you were born.
 - How does your brain look different from when you were a baby, when you were learning that skill, and now that you're successful in that skill?
 - What is something that you would like to learn that you have struggled with in the past?



B- WHAT IS A GROWTH MINDSET?

1. Create a comparison chart to contrast the two mindsets, include three fixed mindset statements and three growth mindset statements.
2. From the navigation menu, click **Home > Portfolios**. Open your *Growth Mindset* Portfolio.
3. Click **+Add Box** and Select **Media**. Take a photo of your comparison chart and title it ‘Fixed vs. Growth Mindset’.
4. Click on **Add Reflection** in the bottom right-hand corner of your media box, and answer the following reflection question:
 - Record an audio reflection explaining (in your own words) the difference between a growth mindset and a fixed mindset.
 - Include a reflection answering: What are the benefits of having a growth mindset? How can you apply a growth mindset to learning the new skills you mentioned in the introduction?

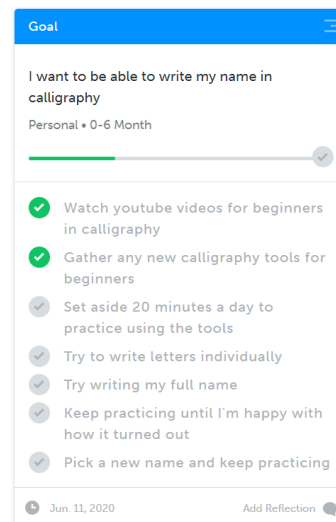


C- FAILURE AND MISTAKES

1. From the navigation menu, click **Home > Portfolios**. Open your *Growth Mindset Portfolio*.
2. Click **+Add Box** and Select **Journal**. Title the journal 'Failure and Mistakes' and in the description field, answer the following questions:
 - Have you ever made a mistake and had the thought "*I just can't do it!*" cross your mind? How did that make you feel? If you were to replace that thought with "*I can't do it, yet!*" how would that change your mindset?
 - How can a growth mindset help us when facing failure or mistakes?
3. Click on **Add Reflection** in the bottom right-hand corner of your media box, and answer the following reflection question:
 - List 3 ways the power of 'yet' can help you achieve a growth mindset.

D- EFFORT AND SUCCESS

1. From the navigation menu, click **Home > Portfolios**. Open your *Growth Mindset Portfolio*.
2. Click **+Add Box** and Select **Journal**. Title the journal 'Effort and Success' and in the description field, answer the following questions:
 - How did you feel when you learned that so many successful people faced had previously faced failure in their lives? How has this inspired you to face failures/challenges in your life?
 - How does having a growth mindset and a willingness to put in effort make facing your challenges more manageable?
 - What is a challenge you have encountered when trying to learn something new? What actions and goals can you set to work toward overcoming it?
3. Click **Home > Goals**. Click **+Add Goal**. Type your goal sentence as the title of your goal.
4. Add your tasks needed to complete the goal.
5. Once you have created your goal, click the **three dot menu** in the top-right corner and add your goal to your *Growth Mindset Portfolio*.



E- OVERCOMING CHALLENGES AND REFLECTING

1. From the navigation menu, click **Home > Goals**. Click **+Add Goal**.
2. Create a SMART Goal about how you will practice having a Growth Mindset. Include at least 3 tasks.
3. Once you have created your goal, click the **three dot menu** in the top-right corner and add your goal to your *Growth Mindset Portfolio*
4. In your *Growth Mindset Portfolio* click **Add Reflection** on your newly added Goal and answer the following questions:
 - What did you learn about Growth Mindsets and Fixed Mindsets?
 - What did you learn about yourself?
 - How can you practice having a growth mindset in your daily life?
 - How does setting a goal help support you in overcoming your challenges?