

## Growth Mindset Lesson 1: Freshmen

Jan. 9, 2018

	Lessons	Standards
<b>Last Week</b> Jan 1-5	Winter Break – No School (Mon) Smart Goals Review/Winter Court Voting (Tues) Link Crew (Fri)	SEL 1: Self-Regulation
<b>This Week</b> Jan 8-12	Early Release – No AG (Mon) <b>Growth Mindset Lesson 1</b> (Tues)	SEL 2: Growth Mindset
<b>Next Week</b> Jan 15-19	MLK, Jr. Day – No School (Mon) Growth Mindset Lesson 2 (Tues) Winter Semi-Formal Assembly (Fri)	SEL 2: Growth Mindset

**Materials:** AG Video file download of “Growth Mindset Introduction: What it is, How it works, and Why it Matters” (see email instructions).

### Procedure:

1. Begin advisory according to personal preference.
2. Take attendance.
3. Read Announcements & hand out progress reports.
4. Before playing the video, ask your students to think about the following questions: Do you believe that your intelligence or abilities are fixed? Do you think that you can become smarter or better at things or do you think that you are just born smart or good at things?
5. Show the Video “Growth Mindset Introduction: What it is, How it works, and Why it matters” located on your computer under the “AG video” folder on your desktop. You should have already received instructions via email and clicked on “Get AG Video” (on your desktop) in order for the video to be downloaded to the AG Video folder (on your desktop). Please call me (Mrs. Bashor x3820) if you are having any issues with this process. If you can’t access the video, you may also try the link below. Please do not use this link unless you absolutely have to. If everyone tries to use this link, it will not work for anyone. Our system can’t handle it.  
<https://www.youtube.com/watch?v=75GFzikhRY0>
6. After you watch the video, ask your students the following questions or have them share their thoughts:
  - a. What do you think it means to have a growth mindset versus a fixed mindset?
  - b. Share a time in your life when you have demonstrated a growth mindset.
  - c. How can a growth mindset affect the process of setting personal and career goals?
  - d. How does a fixed mindset affect the process of goal setting?

- e. Do you really believe that you can become the person you want to be?
  - f. Do you believe that you have control over your future?
  - g. How do your daily habits affect the accomplishment of your goals?
  - h. How do you spend your time?
7. Time permitting, have students get into groups of 3 or 4 and share their personal and career goals or have them share to the whole class.
  8. Next Lesson, students will actually write down one career goal and one personal goal.
  9. End advisory according to personal preference.