

## Growth Mindset Lesson 2: Freshmen

Jan. 16, 2018

	Lessons	Standards
<b>Last Week</b> Jan 8-12	Early Release – No AG (Mon) Growth Mindset Lesson 1 (Tues)	SEL 2: Growth Mindset
<b>This Week</b> Jan 15-19	MLK, Jr. Day – No School (Mon) <b>Growth Mindset Lesson 2/Winter Court Voting</b> (Tues) Winter Semi-Formal Assembly (Fri)	SEL 2: Growth Mindset
<b>Next Week</b> Jan 22-26	Semester 2 Schedule Check (Tues)	SEL 1: Self-Regulation

**Materials:** Career & Personal Goal Worksheet

### Procedure:

1. Begin advisory according to personal preference.
2. Take attendance.
3. Read Announcements & hand out progress reports
4. Vote for the Winter Court King & Queen. ASB students will come around to pick them up at the end of the class period.
5. Have students take out a blank sheet of paper and a writing utensil. Tell students that you will have them use this paper to answer some questions about what they believe about themselves and their goals in life. Tell them to write down the answer to the following questions.
6. First, do you believe that your intelligence or abilities are fixed? Stated differently, 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?
7. Second, when you face a difficult situation, do you get anxious and give up or do you think you can figure it out and solve the problem?
8. **Read:** Growth mindset is just that, it's a mindset. If you believe you can do it, you will continue to try. If you do not believe you can do it, you will give up. Time is of course a factor. It may take you more time than someone else, but if you build in habits into your life that strengthen your skills on a daily basis, you will take less and less time to accomplish tasks. **Remember,** intelligence is a habit of the mind.
9. Third, what do you believe about yourself? One common issue that students face in high school is that classes become more difficult. As homework and subject matter requires more work and may not come easily, students may feel like this means they are not smart. Students might respond by acting like they don't care, when really they are afraid to try and fail. What about you? Have you experienced this feeling before?
10. Finally, how does your mindset affect the goals you have for your life? Are there any changes you need to make now in order to reach the goals that you

have for your life? Think about one of your personal goals and one of your career goals. Brainstorm some ideas and write them down on a piece of paper.

11. Handout the worksheet. Have students write down one personal goal on one side and one career goal on the other side. Have students turn in their goals worksheet and store in their portfolio.
12. End advisory according to personal preference.