

Gainesville Middle School Counseling Department

Virtual Growth Mindset Lesson Grades 6-8

Title: Developing Growth Mindsets for Personal and Academic Success

PWCS Student Standards

Students will:

- MA1. Understand the relationship of personal abilities, goals, skills, interests, and motivation to academic achievement,
- MA2. Understand the relationship of dependability, productivity, and initiative to academic success

ASCA Mindsets and Behaviors

School counselors encourage the following mindsets for all students:

M 2. Self-confidence in ability to succeed

M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes

M 6. Positive attitude toward work and learning

Students will demonstrate the following standards through classroom lessons, activities and/or individual/small-group counseling:

B-LS 4. Apply self-motivation and self-direction to learning

B-LS 7. Identify long- and short-term academic, career and social/emotional goals

Learning Objectives

1. Students will be able to describe characteristics of a growth mindset and a fixed mindset
2. Students will be able to differentiate between statements of a growth mindset and ones of a fixed mindset

Materials Needed

PPT for visuals and embedded videos. **Optional:** Lego brick, Play doh, statement cards

Procedures:

1. **Activity:** Students will be presented with a grey lego brick and a ball of playdoh. Students will describe the physical properties/characteristics of each. *(OPTION: If you don't have lego/playdoh supplies, use the PPT pictures as a visual)*
 - a. Lego brick: grey/dull color, hard, unchangeable, inflexible, can only fit one way or shape
 - b. Playdoh: colorful, moldable, flexible, can shape into many things, can be stretched
2. **Video (4 minutes):** Watch video clip on growth mindset. (link in PPT)
3. **Think or Discuss:** Discuss how these two items represent two different mindsets: Fixed and Growth. Describe these two mindsets:
 - A. **Fixed Mindset:** Kids who have a fixed mindset believe their basic abilities, intelligence, and their talents are just fixed traits that cannot grow or improve. These students expect failure and lack hope that things can change or get better. They prefer not to try new things or learn new things. They often avoid asking for help when needed.
 - B. **Growth Mindset:** Kids who have a growth mindset understand that their talents and abilities can be developed through effort, good teaching, and persistence. They believe they can get better and smarter if they work at it. They accept that mistakes help us learn, look for the positives in challenges, take charge of how they think, and often think "outside the box." They aren't afraid to learn or try new things. They ask for help when needed.
 - C. **Often, our brains can have characteristics of both.**
4. **Activity (5 minutes) Print the Mindset Activity Cards. Use slide Read the attached statement cards.** Decide whether it is a Fixed or Growth mindset statement.
5. **Video (2 minutes):** If time, play the Yoda growth mindsets video (link in PPT)
 - a. How does yoga encourage a growth mindset.